

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Make the Most of Your Food Budget

**Combine food from your food bank with food from other programs.
This will help you to make healthy meals and snacks for your whole family.**



Consider applying to these food programs:

Supplemental Nutrition Assistance Program (SNAP)

With SNAP, you can purchase food like bread, cereal, fruits, vegetables, meat, fish, chicken and milk, yogurt and cheese. Ask your food bank staff how to apply for SNAP benefits.

Visit <http://www.fns.usda.gov/snap/apply> to learn more.

Women Infants and Children Program (WIC)

WIC provides healthy foods, health care referrals and nutrition education for pregnant and breastfeeding women, infants and children up to age five. Different foods are provided for each group. WIC foods include a variety of healthy foods from every food group, including fruits, vegetables, whole grains, cereal, juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, tofu and canned fish. WIC provides support for nursing moms and babies. Ask your Food Bank how to apply for WIC. Ask about vouchers for your Seasonal WIC Farmers' Market.

Visit <http://www.fns.usda.gov/wic/wic-how-apply> to learn more.

School Meals and Snacks Programs

School breakfast and lunch programs provide healthy meals to children each school day. Some schools offer healthy after-school snacks. It is now easier to apply for free or reduced priced meals if you receive SNAP benefits. Ask your school secretary for an application.

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More tips to stretch your food dollar: ¹

- Before heading to the store, make a list of what you have on hand.
- Plan what meals you can make with what you have on hand.
- Make a grocery list of the items you need to complete the meals.
- Think about how you can use the items to make several meals.
- Check grocery ads to see what is on sale.
- Shop with your grocery list — and stick to it!
- Use coupons or buy store brands.
- Buy fresh produce in season.

The Summer Food Service Program (SFSP)

Summer feeding sites provide free meals to children when school is out. Many sites provide arts, crafts, games and music. Call 1-866-3-HUNGRY to find a site near you.

Seniors Farmers' Market Nutrition Program (SFMNP)

Low-income seniors use coupons for eligible foods at farmers' markets. Contact your local senior center or food bank to see if you are eligible.

For more tips, visit www.kidseatright.org.

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Source

1. Cooking matters for adults instructor guide. *Share Our Strength's Cooking Matters*. 2013: 39,42.

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