



## Finding Nutritious Food

# Supporting Families to Identify Resources

As food becomes more expensive, professionals can use capacity-building coaching to help families identify, analyze, and mobilize resources to help. Consider using the reflective questions below.

What have you done in the past to get nutritious food?

Where could you go?

Grocery stores,  
discount stores,  
salvage stores, local  
school cafeterias, food  
banks

What ideas do you have about how to use your network of family and friends to get a variety of nutritious foods?

Meal exchanges,  
community gardens

What special skills do you have that could help you with your meals?

Growing your own,  
homesteading,  
hunting and fishing

After discussing ideas, make a plan!  
Include ideas the family is interested in trying, how is it gonna help in the future, gather any more information needed to help everyone move forward.

Which of these ideas do you want to try?

How will you get started?



Family, Infant and Preschool Program  
of the  
J. Iverson Riddle Developmental Center



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