



Finding Nutritious Food

What and Where?

Nutritious foods are unrefined, minimally processed foods such as fruits and vegetables, whole grains, healthy fats, and healthy sources of protein. These are foods that are recommended in the Healthy Eating Plate.

Where can we find nutritious?

- You can find high quality foods at grocery stores, discount stores, or even salvage stores since most communities have to sell dented or bruised foods at a deep discount.
- Schools provide free lunch during the summer months so check out your nearest school cafeteria.
- You can grow your own garden on a small patch of yard, You can also get food by hunting, fishing, or homesteading by raising animals like chicken, pigs, ducks, etc.
- Some families get together with friends or neighbors and exchange meals.
- Local food banks, farms, and farmers markets are great places to find food! Food Banks are run by churches or civic groups and farmers markets are where farmers sell their locally grown food.