



Nutrition Education



CalFresh Benefits for SSI/SSP Recipients

Beginning June 1, 2019 CalFresh food benefits will begin for eligible SSI/SSP individuals who apply.

The CalFresh Program, formerly known as Food Stamps, can **add an average of \$141 to your food budget** to put healthy and nutritious food on the table.

Apply May 1st online at www.GetCalFresh.org or call your county Social Services office to request an application be mailed.

Information obtained from:
www.EatingRight.org,
www.ForwardEating.com, and
the Area Agency on Aging

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Processed Foods Explained

“Processed Food” is a broad term, and includes everything from bread to pre-cut vegetables to candy and cookies. Not all processed foods are unhealthy but there are things to be aware of in the ingredients and on the Nutrition Facts label.

Levels of processed foods:

- **Unprocessed food** is as it would be found in nature such as unpeeled oranges. These are generally higher in nutrients and fiber.
- **Minimally processed foods** include vegetables and fruits that are frozen straight from the farm to maintain their nutrients and shelf life. This could also include bagged salad mix and pre-cut fruit. **Be careful of added sugars, fats and salt.**
- **Heavily processed food** may have a long list of ingredients, yet contains few nutrients and fiber. This includes microwavable dinners and pre-made frozen meals as well as ready-to-eat-foods such as chips, deli meats, cereals, and crackers.

