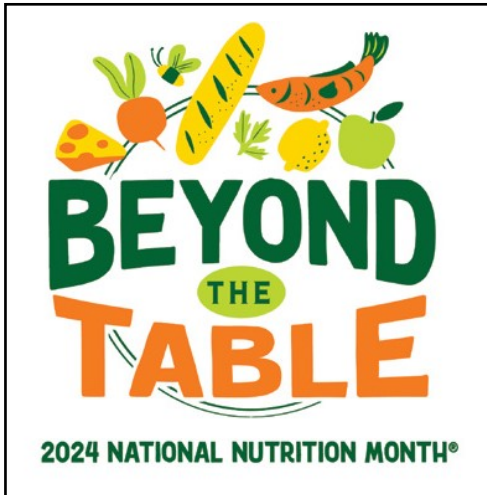




# Nutrition Education



## Utilize Community Resources

- Continue dining with the Spectrum Senior Meal Program for healthy, delicious and budget friendly meals.
- Visit a local food bank or food pantry. For more info go to [www.cafoodbanks.org](http://www.cafoodbanks.org)
- For more about stretching your food dollars or CalFresh benefits go to [www.calfreshhealthyliving.org](http://www.calfreshhealthyliving.org)

Information obtained from:  
The Academy of Nutrition & Dietetics

Provided by: Heather Cuellar, RD

Presented by: Becky Bruno,  
Senior Services Project Coordinator

**March 2024**

## National Nutrition Month 2024

National Nutrition Month is an annual campaign put on by the Academy of Nutrition and Dietetics which aims to promote the importance of making informed food choices and overall healthy eating and physical activity. This year's theme is "Beyond the Table." One of the key messages for National Nutrition Month is to, "Stay Nourished on Any Budget."

### How can you "Stay Nourished on Any Budget?"

With a little extra planning before you shop, you can get the most nutrition within your food budget.

Use a grocery list and try planning out your meals before heading to the grocery store

- Try to plan out your meals for the week and bring a grocery list with you before heading to the grocery store. This way you're likely to only buy what you need and avoid overspending on foods not on the list.
- Keep in mind the food items you already have in your pantry, refrigerator or freezer when creating your grocery list. Don't forget to check expiration dates.



### Focus on nutritious, low-cost foods

- Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

### Shop in season produce

- Produce that is in season may be less expensive. If you can't find a produce item in season, try looking in the frozen produce section for easy on the budget items too.