

THE Community Food Experience



ATLANTA
COMMUNITY
FOOD BANK

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The Food Bank is working to end hunger in our community with the food, people, and big ideas needed to ensure our neighbors have access to the nutritious meals they need when they need them. Since 1979, we've been providing food for a growing network of community-based, nonprofit partners including food pantries, schools, senior centers, shelters, healthcare facilities, community kitchens, and more. We currently serve more than 700 partners in 29 counties across metro Atlanta and north Georgia.

Our Mission Our mission is to fight hunger by engaging, educating, and empowering our community. We're working to ensure all members of our community have access to nourishment and can pursue a healthy and productive life. We receive and distribute food and grocery products to our partners each year – enough for nearly 96 million meals in 2023.

How We Work Food and funds are donated to the Atlanta Community Food Bank by individuals and the local food industry, including manufacturers, distributors, farmers, and retailers. We distribute this food to over 700 partner food assistance programs in 29 north Georgia counties. These partners provide the food to families and individuals in need. Our dedicated volunteers gave nearly 96,000 hours of service in 2023 to help make this possible.

Hunger in Our Community We all depend on having enough nutritious food to live a healthy and productive life. But far too many neighbors in our community experience hunger and may not know where they will get their next meal. This includes working families, seniors, and children. In our 29-county service area, thousands of people struggle to provide food for themselves and their families. In fact, you may know someone who is silently struggling: a neighbor, a colleague, a student, or even a friend.

Want more info? Visit acfb.org

Facilitator Guide

*Contact Atlanta Community Food Bank's Education team with any questions at education@acfb.org

Overview

Millions of people are struggling with food insecurity in this country. Food insecurity means not having access to enough nutritious food to lead an active, healthy life. These food insecure neighbors, friends, and fellow citizens are also disproportionately impacted by diet-related diseases such as diabetes and high blood pressure. The Community Food Experience simulates some of the barriers to access people face and explores the impact food insecurity has on community health. As a discussion based activity, it also encourages taking action and becoming part of the solution to this complex yet addressable community health issue.

Description

The Community Food Experience can be facilitated with groups of 25-50 people ages 12 to adult. There are 16 Community Member roles and 8 Merchant/Service Provider roles. Community Members are asked to purchase, or access through community services, a daily allowance of nutritious food. Each Community Member has a unique scenario that may include having children, a health condition, being a senior citizen and more. Some Community Members have access to transportation and nutrition programs and some do not. Through this simulation experience, participants begin to understand the complexity of hunger and food security issues and explore the impact it can have on individuals and communities. It is a powerful tool to engage, educate, and empower the community to take action through service and advocacy.

This simulation can be adapted to a variety of spaces, locations, and group sizes. We encourage you to be creative!

Objectives of this Simulation

- To identify major barriers to food security through a discussion-based activity.
- To explore the relationship between poverty and hunger.
- To illuminate the impact food insecurity has on health outcomes.
- To illustrate how to identify foods for a nutritious diet based on nutrition label and MyPlate recommendations.
- To promote the importance of a healthy diet for optimal community food security.

Simulation Materials and Kit Assembly Instructions

It is important to carefully read and review all materials (community member profiles, instructions, etc.) prior to facilitating this activity.

If you plan to use this simulation more than once, we recommend that once all the materials are printed and assembled, you use pocket folders for each Community Member Profile and larger, sturdy pocket folders for Merchant/Service Provider instructions and materials. A file folder box can be utilized to store materials for future use. You will have to reprint some of the packet materials each time you facilitate the simulation.

Materials Needed But Not Included

- Multiple calculators (for both Merchant packets and Community Members to use)
- Pens/pencils
- Masking tape or paint tape for hanging signs and defining boundaries
- Flip Chart/Whiteboard for defining terms and capturing reflections
- Flip Chart Markers
- 1 Large Room
- 1 Table and 1-2 chairs for each Merchant/Service Provider
- 6 Chairs to represent Bus Station and 3 Chairs to represent Bus Stops
- 6 Chairs for SNAP Office waiting area
- 6 Chairs for WIC Clinic waiting area
- Tables and chairs for Home Base - # depends on the size of the group and your room space

Facilitator Guide Packet (Print one copy for Facilitator)

Includes:

- Overview
- Description
- Instructions
- Helpful Hints
- Room Setup
- Discussion Guides
- Merchant/Service Provider Packet Materials
 - Role Descriptions and Instructions
 - eWIC Cards and Food Cards
(Food Tiger, Corner Store, Food Pantry and Community Kitchen meals)
- Merchant and Service Provider Signs
 - Community Kitchen/Benefits Outreach
 - Corner Store
 - Food Tiger
 - SNAP Office (Supplemental Nutrition Assistance Program)
 - VITA Office (Volunteer Income Tax Assistance)
 - Food Pantry
 - WIC Clinic (Women, Infants and Children Nutrition Program)
- Bus Stop Signs
 - Home Bus Station
 - Food Tiger Bus Stop
 - SNAP/VITA Bus Stop
 - Food Pantry/WIC Bus Stop

Materials for Packets

16+ Community Member Profiles:

If you have a group larger than 23 total participants, you will need to print additional/duplicate Community Member profiles. It may be helpful to put profile sheets in pocket folders, so each Community Member has a place to store food cards, vouchers, etc.

8 Merchant & Service Provider Packets:

Corner Store

- Corner Store sign
- 1 Role description and instructions
- 1 “Closed” sign
- Multiple Corner Store Food Cards (minimum of 10/each food item)
- 1 Calculator
- 1 Pen

Food Tiger

- Food Tiger sign
- 1 Role description and instructions
- 1 “Closed” sign
- Multiple Food Tiger Food Cards (minimum of 20/each food item)
- 1-2 Calculators (sometimes need more than one cashier)
- 1-2 Pens

Bus Driver

- Home Bus Station sign
- 3 Bus Stop signs
- 1 Role description and instructions
- 1 Bus Driver Badge
- 20 Bus Tokens
- 20 Bus Receipts
- 1 Pen

Community Kitchen

- Community Kitchen sign
- Benefits Outreach sign
- 1 Role description and instructions
- 16+ Free Meal Food Cards
- 5 Bus Tokens
- 1 EITC/CTC Eligibility Sheet
- 1 WIC/SNAP Eligibility Sheet
- 1 “Closed” sign
- 2 Pens

SNAP Office

- SNAP Office sign
- 1 Role description and instructions
- 16+ SNAP Applications
- 2 SNAP/WIC Eligibility Sheets
- 3-4 Pens

WIC Clinic

- WIC Office sign
- 1 Role description and instructions
- 16+ WIC Applications
- 16+ Nutrition Education Sheets
- 2 WIC/SNAP Eligibility Sheets
- 20+ WIC EBT Cards
- 3-4 Pens
- 1 WIC sign-in sheet

Community Food Pantry

- Community Food Pantry sign
- 1 Role description and instructions
- 16+ Food Pantry Applications
- Food Pantry Food Cards: 5 of each
- 3-4 Pens

VITA Site

(Volunteer Income Tax Assistance)

- VITA Site sign
- 1 Role description and instructions
- EITC/CTC Eligibility Sheet
- 16+ Worksheets
- 3-4 Pens

Facilitator Instructions

Preparation

It is important that the facilitator is familiar with all Community Food Experience (CFE) instructions, materials, and discussion guide in order to effectively lead the experience.

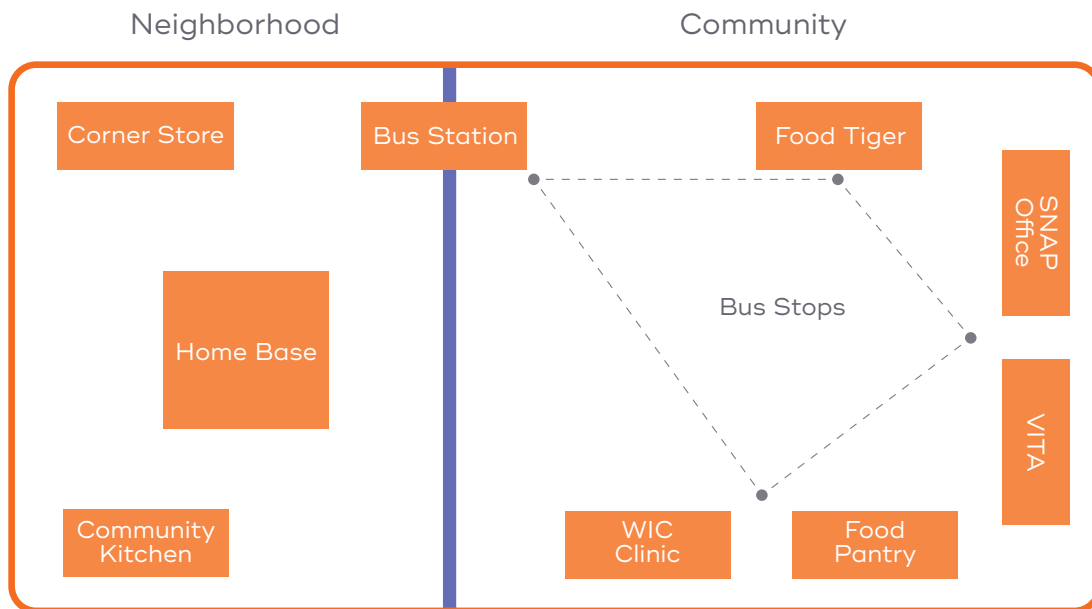
Prior to the Group Arriving

- Prepare 16+ Community Member and 8 Merchant and Service Provider packets with all packet materials. (listed on page 6)
- It is suggested that facilitator prepare 5-10 extra Community Member packets and have 10-20 extra applications for service providers in case group is larger than expected.
- Be certain you have checked the Materials List and have all the materials that you need.
- Set up room based on room set up description below.

Room Set Up

Room set up can vary depending on the size and shape of the room and the tables you have available to you. It is important that the room is divided into two sides which represents two parts of the community – one a neighborhood where community members can walk to merchants and service providers and the other in a part of town where transportation is required.

- You'll need tables for Home Base (# of tables depends on the size of the group) and 1 chair for each Community Member participant.
- Hang signs for each station and each bus stop, clearly marking the locations.
- Have pens/pencils and calculators available at Home Base.
- You'll need 1-2 Tables and 1-2 chairs for each Merchant or Service Provider.
- A flip chart is helpful to capture thoughts and notes during introduction and during the discussion at the end of the experience.
- You can use a long table or masking tape to distinguish the line between the two sides of the room. **It is important that the boundary is clear.**



Facilitator Instructions to Participants

- Welcome participants and have them all sit in the Home Base area
- A discussion activity that can be helpful in framing this simulation is called Food and Life and it is included in our Hunger 101 Curriculum and available online at acfb.org. Food and Life ask participants to think about all the different ways that food creates meaning in our lives: tradition, memories, culture, faith, love, etc. It is important to recognize that food and having the ability to access food is more than accessing nutrition. The food we eat often expresses who we are and where we come from.
- Introduce the CFE as a simulation and explain the objectives: to explore the relationship between poverty and hunger, to identify the major barriers to food security and to increase awareness of the link between food security and health.
- One goal for this activity is for each Community Member to attempt to acquire a daily allowance of nutritious food that enables them to fulfill both their specific nutrition recommendations on their profile sheet and their MyPlate. (Both on profile sheet)
- Explain the timeline of the simulation: Approximately 10-15 minutes for instructions and packet distribution, 30 minutes for the activity and 15 - 20 for debrief discussion.
- Explain the two main areas of the simulation: the neighborhood where no transportation is necessary and the wider community which requires transportation (Bus or Car).
- Review the room set up and the different Merchants and Services in the community. Again, make sure they are clear about which areas they can walk to and which areas require transportation (transportation options include bus tokens, bus pass or a car).
- Let participants know they can walk to the Bus Stop and explain the bus route:
 - First Stop – Food Tiger
 - Second Stop- SNAP Office & VITA
 - Third Stop- Food Pantry & WIC Clinic

- Explain that everyone will be assigned a role either as a Community Member or a Merchant or Service Provider.
- Briefly review both sides of Community Member Profile Sheet–
 - Role description, Financial Guide and Transportation (If a Community Member has transportation it will be noted here).
 - MyPlate and Nutrition Recommendations. Remind participants that the goal is to build a balanced diet for one day and be able to check all the food groups on the MyPlate by the end of the simulation.
 - Wallet – explain that this is where any cash or benefits received or spent by the Community Member will be recorded. The Wallet will need to be presented each time they purchase food or receive benefits.
 - It is imperative that they have their Community Member profile sheet with them at ALL TIMES.
 - Explain that some Community Members may have health issues and that all Community Members have nutrition recommendations specific to their health state.
 - Hold up a Merchant or Service Provider Packet and explain that it includes description, instructions and all materials necessary for set up.
- You should be familiar with a few key terms:
 - **Food Security:** access to enough nutritious food to lead an active, healthy life. Food security includes, at a minimum, the ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies). The USDA measures food security as high, marginal, low or very low food security.
 - **Food Insecurity:** limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.
 - **Poverty:** In the United States, being in poverty is officially defined as having an income below a federally determined poverty threshold. Poverty thresholds were developed in the 1960s and are adjusted annually to account for inflation.
 - **VITA:** Volunteer Income Tax Assistance – a service that provides free tax preparation assistance to people who have low to moderate incomes.
 - **EITC:** Earned Income Tax Credit – a benefit for working people who have low to moderate income. It reduces the amount of tax you owe and may also give you a refund that can be used toward expenses. **Supporting a State Earned Income Tax Credit (Georgia Work Credit) is a policy priority of the Atlanta Community Food Bank.**
 - **CTC:** Child Tax Credit – can potentially reduce a working family’s federal income tax by a certain amount/child by allowing families to keep that income and use towards food and other household expenses.
 - **SNAP:** the Supplemental Nutrition Assistance Program (formerly known as Food Stamps) – a federal nutrition program that provides millions of eligible low income families and individuals with financial assistance for food purchases only. **Protecting SNAP is a policy priority of the Atlanta Community Food Bank.**
 - **WIC:** Special Supplemental Nutrition Program for women, infants and children up to age 5. This program helps connect young children and pregnant and nursing mothers to more nutrition at a critical time. **Supporting and increasing participating in the WIC Program is a policy priority of the Atlanta Community Food Bank.**

- **Please emphasize the need to approach this simulation, everyone participating and the scenarios represented with respect and care. Some of us may be experiencing food insecurity, or have experienced food insecurity at some point in our lives. This simulation was created to raise awareness, empathy and to be a call to action.**
- Stop to see if there are any questions about instructions or terms.
- First, assign all the Merchant and Service Provider positions in the community. Some positions require more skills than others. It is important and helpful for the facilitator to be familiar with each of the simulation roles/positions. If this is a youth group, it can be helpful to have adults assigned as Bus Driver, VITA Coordinator, SNAP Office Staff and WIC Clinic Staff positions. As Merchant and Service Provider jobs are assigned, give them their packets, ask them to go to their locations, read their instructions carefully and set up. Check in with them all before the activity begins. The number of people at each merchant and service provider station may need to be bumped to 2 or 3 if it is a larger group (40-50).
- Everyone else will be receiving a Community Member Profile. There are 16 different community member roles. If you have a large group, you can make additional copies of these 16 different roles. Distribute the profiles to Community Members in numerical order 1-16, if you have a larger group and need to make additional copies, be sure you don't have all the 1's or all the 3's, etc. sitting next to each other.
 - Ask all the Community Members to read their profile information carefully and check their budgets. Explain that due to time constraints, they will try to acquire enough food for one person for one day. (Acquiring food for one person can be confusing to some participants since their profile may include a family with children and they may be accessing nutrition programs due to the fact that they have children. Community Members are supposed to keep the entire family in mind, but in order to focus efforts and progress in the limited time-frame of this activity, they only need to obtain food for one person.)
 - Explain to all participants that you will be circulating and available to answer any questions.
 - After checking in with merchants and services, let Community Members know that once they have carefully reviewed and checked their budgets, their day has officially started and they should be seeking and acquiring the food they need.
 - Explain that you will be keeping time and will let them know when they need to head back to Home Base.

Helpful Hints for Facilitators

- Keep circulating during the simulation to be sure people are clear about instructions, to observe interactions and help if there are frustrations or conflicts.
- Some confusion and chaos is normal as Community Members try to figure out where to go and what to do first.
- Encourage Community Members to be creative if they hit a challenge, see if they can come up with their own solutions, or suggest they talk to their fellow Community Members to get answers.
- Make sure Merchants and Service Providers are clear about what they are supposed to do.
- If someone says they are giving up early in the simulation or sits back at the Home Base, politely encourage them to give it another try. Make suggestions for next steps and cheer them on.

- The simulation should run for about 20-30 minutes. Towards the end of that time, ask Merchant and Service Providers to shut down, even if people are still in line. This simulates the very real time constraints that people face every day. Let the Bus Driver know to complete one more full route before shutting down bus service.
- When time is up, get everyone's attention and have all the Community Members head back to Home Base. Make a point to identify anyone who is stuck without transportation.
 - Ask the Merchants and Service Providers to clean up their areas and put everything back in the packets.
 - Instruct the Community Members to use the nutrition label on their food cards to complete their MyPlate and see if they were able to meet their specific nutrition recommendations. Give the group about 5 minutes for these tasks.
 - Facilitator should circulate and provide assistance if necessary. Once a majority of participants are done with their MyPlate, begin debriefing activity.

Facilitator Debrief Discussion Guide: Food Security Components

Here is a script/framework for guiding the discussion following the simulation. Additional resources and definitions of terms can be found in the Appendix:

There were 16+ different Community Member scenarios in this experience. They include adults and senior citizens, different family sizes and income levels and a variety of health states.

- How many of you were able to follow the nutrition recommendations given to you and build a complete MyPlate daily allotment of servings?
 - For those who did, did you need help? Who or what services helped you? (Capture reflections on a flip chart or white board for discussion purposes)
 - For those who weren't able to follow their nutrition recommendations or complete their MyPlate, what were the barriers you faced? (Capture key barriers on a flip chart or white board for discussion purposes.)
Some examples:
 - No transportation
 - No money
 - Ran out of time
 - Not eligible for nutrition programs or EITC/CTC
- What were the different government and community responses to food insecurity, hunger, and poverty that you experienced or learned about today? (Some of these may come out during the previous discussion question.)
 - Community Responses (several examples below)
 - Community Kitchens
 - Benefits Outreach
 - Community Food Pantry
 - VITA
 - Friend helped me

- Government Responses (several examples below and definitions)
 - SNAP (food stamps)
 - WIC
 - EITC
 - School Meals
 - Summer Meals
- What did you find surprising during the Community Food Experience today?
 - Was everyone eligible for the nutrition programs SNAP and/or WIC? (Income and family size have an impact on SNAP allotments. You may have had no extra income for food, but still earn too much to be eligible for SNAP. (To learn more about SNAP and eligibility – fns.usda.gov/snap Could anyone get food from the Food Pantry? Was anyone turned away? Did you understand why you were turned away? Why might an organization only serve people in specific zip codes? (Charitable organizations often have their own individual eligibility criteria depending on their program and capacity.)
- Based on your experience today, how would you describe the relationship between food insecurity and poverty?
- Did anyone with a job make too much money to qualify for nutrition assistance, yet not have enough money for food?
- Many of you took on the role of Community Members who had children to take care of. In today's experience, you only had to access food for one person. What are some of the challenges you can imagine parents having as they try to meet the multiple needs of their families?

Debrief Discussion Guide for Nutrition and Health State Components

- For those of you with a nutrition sensitive health state, how did having a health condition impact your experience?
 - Were you supposed to eat certain types of foods?
 - Were you able to follow the nutrition recommendations on your Community Member Profile sheet?
 - What are some ways that you can imagine your health state prescribed diets impacting your health and budgets?
 - What are some ways that food insecurity can impact health? (See Appendix)
- What would the impact be on a diabetic person if they only have access to sugary snacks and/or carbohydrates? What about the impact on someone with pre-diabetes?
 - High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs, kidney failure and other serious problems.
 - There is a documented increase in diabetes-related hospitalizations at the end of the month when SNAP benefits run out and individuals and families are no longer able to afford food [16].
 - The inability to afford nutritious meals on a regular basis may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease, and other chronic illnesses.

- How does one's diet contribute to heart/cardiovascular disease?
 - Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat, and sodium [21].
 - Individuals who live in communities with low access to fresh produce and other nutritious foods are at greater risk of heart disease.
- Who in the group had chronic kidney disease? What were some of the dietary restrictions/guidelines that you were given? Were you able to follow those guidelines?
 - For those who don't know, chronic kidney disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood.
 - The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time).
 - People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease [23].

Final Wrap Up: So, What Can We Do?

There are so many ways to get involved in addressing hunger issues, increasing community food security and building healthier communities. Let's brainstorm! What ideas can you generate based on what you experienced today?

- **Continue to learn and raise awareness:** Take what you've learned today and continue to learn about and explore service opportunities within your community. Share what you learn with others. Need help or ideas? Visit acfb.org or email education@acfb.org.
- **Advocate** – The Food Bank has 3 policy priorities that we highlight in the Community Food Experience:
 - 1) Protect SNAP (Supplemental Nutrition Assistance Program)
 - 2) Increase participation in WIC (Special Nutrition Program for Women, Infants and Children).
 - 3) Supporting a Georgia Work Credit (a State Earned Income Tax Credit) for low and middle income Georgians.
- How many of you know who your elected officials are? These officials represent you and your community on the local, state and federal level. The decisions they make impact whether a community has access to fresh food, whether people are eligible for nutrition programs, and more. Often these elected officials have limited experience with hunger and food insecurity and they need and welcome our input.
- Find out who your elected officials are at www.usa.gov, then click on government agencies and elected officials

- **Volunteer**– If you are in the Atlanta region, volunteer with the Food Bank and our network of partner agencies. Find our Agency Locator on our home page or our Volunteer Hub at acfb.org. If you are outside of our service area, find your region's food bank at Feeding America: <http://www.feedingamerica.org/find-your-local-foodbank/>
- **Donate**– For every \$1 donated, we can generate 3 meals for our community. You can donate at acfb.org.

Appendix: Nutrition Education and Food Security Information, Terms, and Resources

- **MyPlate** is a tool developed by the USDA to help Americans make healthy food choices. It is a practical tool to help individuals understand what makes a healthy diet and to help nutrition educators teach the components of a healthy diet. ChooseMyPlate.gov is the accompanying website with more information on MyPlate and its components [1]. Each component of MyPlate is briefly described below.
 - The MyPlate **fruit group** includes all fresh, canned, frozen and dried fruits along with 100% fruit juice. MyPlate counts one serving of fruit as 1 cup of fresh fruit or juice or 1/2 cup of dried fruit. The number of servings needed depends on age, sex and physical activity.
 - The MyPlate **vegetable group** includes all fresh, canned, frozen, cooked and dried vegetables along with 100% vegetable juice. One serving of vegetable is equal to one cup of raw or cooked vegetables, one cup of vegetable juice or two cups of raw leafy greens. The number of servings needed depends on age, sex and physical activity.
 - The MyPlate **dairy group** includes all fluid milk, foods made from milk that retain their calcium content (such as cheese or yogurt) and calcium-fortified milk substitutes (such as soy milk). One serving of dairy is equal to one cup of milk, yogurt or soymilk or 1.5 ounces of cheese. The number of servings needed depends on age, sex and physical activity.
 - The MyPlate **grain group** includes all foods made from wheat, rice, oats, cornmeal, barley and other grains. Generally, this group is divided into “whole grains” and “refined grains;” whole grains contain the entire grain kernel and refined grains have been milled to remove the bran and the germ. Examples of whole grains are oatmeal, brown rice and any food with “100% whole grain” on the label. MyPlate recommends that at least half of all grains should be whole grains, as whole grains contain more fiber and micronutrients than refined grains. One serving of grain is equal to one slice of bread, one cup of cereal or one half cup of cooked rice or pasta. The number of servings needed depends on age, sex and physical activity.
 - The MyPlate **protein group** includes any food made from meat, beans, peas, lentils, eggs, soy, nuts and seeds. Beans and peas are also considered part of the vegetable group. One serving of protein is equal to one ounce of meat, one quarter cup of cooked beans, one egg, one tablespoon of peanut butter or one half ounce of nuts or seeds. The number of servings needed depends on age, sex and physical activity.

- The MyPlate **fats group** includes all fats and oils. These foods are made up of saturated and unsaturated fatty acids, which refer to their chemical composition. Fats that are solid at room temperature contain more saturated fats whereas fats that are liquid at room temperature (most oils) contain more unsaturated fats. One serving of fat is equal to one teaspoon of fat; most foods contain enough fat naturally to meet recommendations without adding extra fats to your foods. The number of servings needed depends on age, sex and physical activity.

Other Dietary Components

- **Sugar** is a term that refers to a number of different sweeteners that appear to have varying effects on nutrition, health and weight status. While the effect of different types of sugars is unclear, it is likely that high consumption of added sugar in the United States contributes to high rates of diabetes, heart disease and other health conditions. As such, a separate box on the MyPlate has been included in this simulation to draw participants' attention to the amounts of sugar in foods. The main health concern is regarding sugars that are added to food to make it sweeter; it is unlikely that natural sugars in fruit, vegetables and dairy contribute negatively to overall health, and there is no evidence to support avoiding fruit or dairy because of sugar content. At the present time, there are no USDA guidelines regarding sugar because refined sugar and similar foods are not essential in the diet.

Nutrition & Food Security – How They Relate

(Numbers in parenthesis indicate information found at source information on page 20)

What is Food Security?

Food security is defined by the World Health Organization as, “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.” [13] This is different from hunger, which is the physiological state of being unfed that results in pain, discomfort, or illness past the typical feeling of wanting food. [14] Although hunger is one aspect of food security, the definition of food security encompasses both enough food to avoid feeling hungry and appropriate foods for a nutritious diet. [13]

Food Security, Nutrition and Health Outcomes

The Community Food Experience is designed to give participants a comprehensive view of food security, beyond simply filling one's stomach, by incorporating nutrition as a key component of the experience. This is achieved through the use of MyPlate, the nutrition information on the food cards, and having profiles that may address a nutrition-related health state such as diabetes, heart disease, or chronic kidney disease. Food insecurity is associated with higher rates of chronic disease in individuals and communities. [15] The inability to afford nutritious meals on a regular basis, may lead to over consumption of high calorie and low nutrient density foods, which may contribute to diabetes, heart disease, and other chronic illnesses. [15]

Food Security, Nutrition and Health Outcomes (continued)

Though there are nutrition assistance programs in the United States, such as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children), these programs are often not robust enough to provide families with the food they need for the entire month. There is a significant increase diabetes-related emergency-room visits at the end of each month that is a direct result of insufficient SNAP benefits and the inability of the individual or family to afford food. [16]

For more information on nutrition and food security, visit the following sites:

-<http://www.eatright.org/resource/health/weight-loss/overweight-and-obesity/the-hungry-and-overweight-paradox>
-trac.org/WP-content/uploads/hunger-health-impact-poverty-foodsecurity-health-well-being.pdf

Disease States Explored in this Simulation

Diabetes

Broadly, diabetes is a condition that affects the way a person's body uses food for energy. More specifically, diabetes affects a person's blood sugar as a result of inadequate insulin productivity. Insulin is a hormone produced by the pancreas that absorbs glucose, a component of all carbohydrate. There are three categories of diabetes: Type 1, Type 2, and Gestational Diabetes. In Type 1 Diabetes, the pancreas does not produce insulin; insulin is typically given to individuals with Type 1 to stabilize blood sugar along with dietary changes. Type 2 Diabetes occurs as a result of the body's inability to use the insulin that the pancreas produces or limited insulin production. Type 2 Diabetes is primarily controlled through diet, physical activity, and medication. Gestational Diabetes begins during pregnancy, possibly as a result of hormonal changes. Though it typically goes away after the baby is born, it increases the woman and the child's risk of Type 2 diabetes later in life [17].

Successful management of all types of diabetes is heavily dependent on one's ability to keep blood sugars at a consistent level throughout the day. When an individual is living in a community with low access to healthy foods or is unable to purchase the proper foods to manage diabetes, there can be serious health consequences [18]. High blood sugar damages blood vessels and cells in the body and can lead to blindness, numbness, loss of limbs, kidney failure and other serious problems. As mentioned in the, "Food Security, Nutrition, and Health Outcomes" section of this guide, there is a documented increase in diabetes-related hospitalizations at the end of the month when SNAP benefits run out and individuals and families are no longer able to afford food [16].

For more information on diabetes, visit the following sites:

<http://www.diabetes.org>
<http://ndep.nih.gov>
<http://eatright.org>

Cardiovascular Disease

Heart Disease, also called Cardiovascular Disease, is the leading cause of death in the United States [19]. Cardiovascular Disease refers to many conditions that affect the heart and blood vessels; for the purposes of the Community Food Experience we will focus on heart attacks and the diet and lifestyle risk factors for a heart attack. A heart attack, also called a myocardial infarction, occurs when the flow of oxygen-rich blood to the heart stops. This is often the result of a build-up of plaque, a wax-like substance, in the arteries that supply blood to the heart [20]. This build-up of plaque is called atherosclerosis and often takes many years to develop [20].

There are significant diet and lifestyle risk factors that lead to the development of atherosclerosis. These risk factors include smoking, high blood pressure, high blood cholesterol, lack of physical activity, diabetes, and dietary factors. These risk factors often occur at the same time and measures taken to reduce the impact of one risk factor can help with others. Common dietary factors associated with heart disease are high intakes of saturated fat, trans fat, and sodium [21]. Individuals who live in communities with low access to healthy foods are, by definition, unable to access healthy foods and this often increases risk of heart disease.

For more information on living with Cardiovascular Disease:

www.heart.org

<http://www.nhlbi.nih.gov>

<http://www.cdc.gov/heartdisease/>

Chronic Kidney Disease

Chronic Kidney Disease (CKD), also known as chronic kidney failure, describes the progressive loss of kidney function over time. Your kidneys filter waste and excess fluid from your blood and excrete them in your urine. When kidneys lose their function, they can no longer filter excess fluid and waste, leading to the build up of these harmful substances in your blood. The two most common causes of CKD are uncontrolled diabetes mellitus and hypertension (high blood pressure over time). Symptoms often go unnoticed until kidney disease is advanced; however, initial symptoms might include exhaustion, difficulty concentrating, poor appetite, muscle cramping at night and the need to urinate more frequently. There are different stages of CKD, ranging from the mildest form to the most severe. Stage five CKD is also called end stage renal disease (ESRD), which requires renal replacement therapy, such as dialysis or a kidney transplant.

The Community Member in the Community Food Experience with pre-ESRD requires a diet very different from someone with ESRD who is on dialysis. The pre-ESRD diet in the CFE is low in protein, though often there are strict requirements for micronutrients such as sodium, potassium, phosphorus, and others [22]. People living in low healthy food access communities are disproportionately affected by chronic kidney disease. In this population, the disease progresses more rapidly as the individual typically does not have the resources to manage the disease [23].

For more information on kidney disease, visit the following sites:

<http://eatright.org>

<http://www.nlm.nih.gov/medlineplus/>

<http://nkdep.nih.gov>

<https://www.kidney.org>

OTHER HELPFUL RESOURCES

1. MyPlate- About. [cited 2015 January 14]; Available from: <http://www.choosemyplate.gov/about.html>.
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3. Hert, K.A., et al., Decreased consumption of sugar-sweetened beverages improved selected biomarkers of chronic disease risk among US adults: 1999 to 2010. *Nutr Res*, 2014. 34(1): p. 58-65.
4. Malik, V.S., Popkin, B.M., Bray, G.A., Despres, J.P., Hu, F.B., Sugar-Sweetened Beverages, Obesity, Type 2 Diabetes Mellitus, and Cardiovascular Disease Risk. 2010(121): p. 1356-1364.
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6. WHO Food Security. [cited 2015 February 6]; Available from: <http://www.who.int/trade/glossary/storyO28/en/>.
7. USDA Definitions of Food Security. [cited 2015 February 6]; Available from: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>.
8. Pan, L., et al., Food insecurity is associated with obesity among US adults in 12 states. *J Acad Nutr Diet*, 2012. 112(9): p. 1403-9.
9. Seligman, H.K., et al., Exhaustion of food budgets at month's end and hospital admissions for hypoglycemia. *Health Aff (Millwood)*, 2014. 33(1): p. 116-23.
10. Diabetes Basics. [cited 2014 December 6]; Available from: <http://www.diabetes.org/diabetes-basics/>.
11. Diabetes- Disease Management and Prevention from the Academy. [cited 2015 January 14]; Available from: <http://www.eatright.org/Public/content.aspx?id=6818>.
12. NHBLI- What is a Heart Attack? [cited 2015 February 19]; Available from: <http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack>.
13. Kidney Disease. [cited 2015 January 14]; Available from: <http://www.eatright.org/Public/content.aspx?id=4294967543>.
14. Chronic kidney disease in disadvantaged populations. *J Ren Care*, 2015. 41(1): p. 1-2.

We wish to thank the Minnesota Extension Service, U. Beate Krinke, Linda S. Dieleman and Sarah Gleason who conceived the idea for this game through a statewide forum entitled “Food Access: Exploring Issues and Affecting Changes.”

Community Member Packets

For a simulation with 24 participants, there will be 16 Community Members. For any other number of participants, be sure to adjust by making additional copies of Community Member Profiles.



Community Member financial, transportation, and health information will be noted on their Community Member Wallet.

COMMUNITY MEMBER	DAILY BUDGET	BUS TOKEN	BUS PASS	CAR	HEALTH STATE
1	\$3.67	6			Kidney Disease
2	\$1.46				High Blood Pressure
3	\$1.06				Food Allergies
4	\$0.27				Type-2 Diabetes
5	\$0.65				---
6	\$1.50	2			---
7	\$0.35				High Blood Pressure
8	\$7.53				HBP, HC, Stroke
9	\$2.22				Diabetes, Heart Disease
10	\$0.50				Type-1 Diabetes
11	\$2.40				Heart Disease
12	\$0.48				HBP, HC
13	\$0.15				Pre-Diabetes
14	\$0.43				Pregnancy
15	\$1.73	6			Diabetes, HBP, KD
16	\$1.17				---

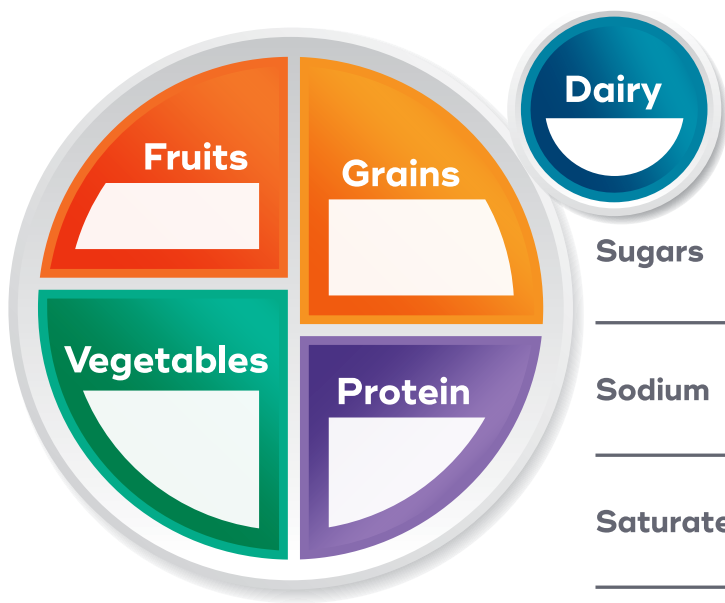
Merchants & Services Packets

For a workshop with 24 participants, there will be 8 Merchants/Services. **For any other number of participants, adjust accordingly. For example, with a larger number of participants you may need more Merchant/Service providers to support stations.**

Each Merchant/Service is given a packet which includes their role description, map, and the specific items as listed below.

Bus Driver	Bus Stop Signs, Bus Driver Badge, 20 Bus Tokens, 20 Bus Receipts, 1 Pencil
Food Pantry	Food Pantry Sign, “Closed” Sign, Role Description and Instructions, 16+ Food Pantry Applications, 3-4 Pencils, 5 of each Food Pantry food card
Community Kitchen	Community Kitchen/Benefits Outreach Signs, “Closed” Sign, Role Description and Instructions, 16+ Community Kitchen Meal Cards, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP/WIC Eligibility Sheet
SNAP Office	SNAP Office Sign, Role Description and Instructions, 16+ SNAP Applications, 4-5 Pens, 2 SNAP/WIC Eligibility Sheets, 1 QR Code sheet
WIC Clinic	WIC Clinic Sign, Role Description and Instructions, 16+ eWIC Applications, 16+ Nutrition Education Sheets, 16+ eWIC Cards, sign in sheet, 1 QR code sheet
Food Tiger	Food Tiger Sign, “Closed” Sign, Role Description and Instructions, 16-20 of each Food Card, 1-2 Calculators, 2 Pens
Corner Store	Corner Store Sign, “Closed” Sign, Role Description and Instructions, 10 of each Food Card, 1 Calculator, 1 Pen
VITA Site	VITA Services Sign, “Closed” Sign, 1 EITC/CTC Eligibility Sheet, 1 QR code sheet, 16+ Worksheets, 4-5 Pens

COMMUNITY MEMBER #1



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Limit foods high in sodium, potassium, or phosphorus.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	1	Apples, Blueberries	Bananas, Cantaloupe
VEGETABLES	2	Carrots, Green Beans, Cauliflower	Broccoli, Collards Sweet Potatoes, Tomatoes/Tomato Sauce
GRAINS	10	White Bread And Pasta	Whole Wheat Products, Oatmeal, Brown Rice
PROTEIN	6	Fresh Or Frozen: Fish, Lean Pork And Beef	Hot Dogs, Black Beans, Lentils, Peanut Butter, Nuts, Tofu, Egg Yolks
DAIRY	0	Rice Milk	Milk, Yogurt, Cheese, Soy

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COMMUNITY MEMBER #2

PHONE: 404-251-9645

ADDRESS: 763 Judy Rd. Atlanta, GA 30205

SOCIAL SECURITY #: XXX-XX-2233

PEOPLE IN HOUSEHOLD: 4

CHILDREN: (2), Age 7 & 9

MONTHLY INCOME: \$3,080

HEALTH STATE: High Blood Pressure

You are 35 years old, married, and have two children ages 7 and 9. You work for \$15/hour and your spouse works for \$10/hour, both full time. Your combined monthly income after taxes is \$3,080. You rent a two-bedroom apartment. You have health insurance through your employer, but you must pay for your family's coverage. Your kids are in an after-school program at school. You have high blood pressure, which requires a daily prescription and regular management through a healthy diet. You share a vehicle.

WALLET

CASH	CTC	EITC	SNAP
\$1.46			

TRANSPORTATION

This section designates your capabilities to travel around the community.

YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

FINANCIAL GUIDE:

MONTHLY
\$3,080
INCOME

$\$3,080 - \$2,905 = \$175$
People in Household: 4
 $\$175 / 4 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

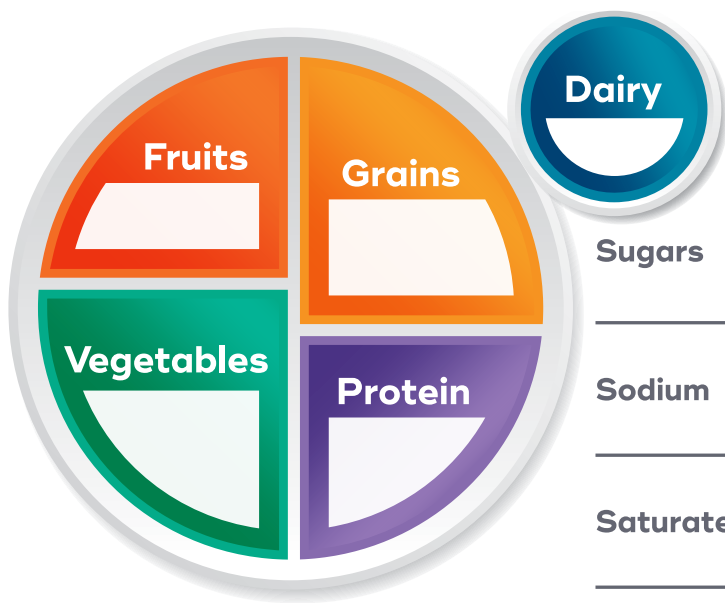
→ **\$1.46** ←

EXPENSES

HOME-	\$1,630
UTILITIES-	\$175
MEDICAL-	\$200
TRANSPORTATION-	\$450
PHONE-	\$50
CHILDCARE-	\$400
OTHER-	---
TOTAL:	\$2,905

NOTES

ADDITIONAL SSN INFO
SPOUSE XXX-XX-3215
CHILD XXX-XX-1767
CHILD XXX-XX-2878



Sugars <50g

Sodium <1500mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week. Choose high fiber, low sodium, low saturated fats.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	
VEGETABLES	3	Green Beans, Carrots, Collards, Corn, Potatos And Tomatoes	Canned Vegetables, Unless Low in Sodium
GRAINS	7	Whole Grains	Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #3

PHONE: 770-963-8521

ADDRESS: 258 East Rd. Atlanta, GA 30033

SOCIAL SECURITY #: XXX-XX-4522

PEOPLE IN HOUSEHOLD: 4

CHILDREN: (3), Age 4, 7, & 9

MONTHLY INCOME: \$957

HEALTH STATE: Severe Food Allergies

You are a 30-year-old single parent of 3 children ages 4, 7, and 9. You earn \$7.25/hour (Federal Minimum Wage). You work 40 hours/week and your monthly income after taxes is \$957. You are eligible and on a waiting list for affordable housing. You are currently staying with family members who are providing childcare, so you are able to save \$300/month toward an apartment. You contribute \$400/month for rent and utilities. You use public transportation. Your kids are on Medicaid, but you are uninsured for now. You have severe food allergies to peanuts and eggs.

WALLET

CASH	CTC	EITC	SNAP
\$1.06			

TRANSPORTATION

This section designates your capabilities to travel around the community.

MONTHLY BUS PASS

Present this card to redeem bus trips.



FINANCIAL GUIDE:



$\$957 - \$830 = \$127$
People in Household: 4
 $\$127 / 4 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$1.06** ←

EXPENSES

HOME-	\$300
UTILITIES-	\$100
MEDICAL-	\$0
TRANSPORTATION-	\$95
PHONE-	\$35
CHILDCARE-	\$0
OTHER-	\$300
TOTAL:	\$830

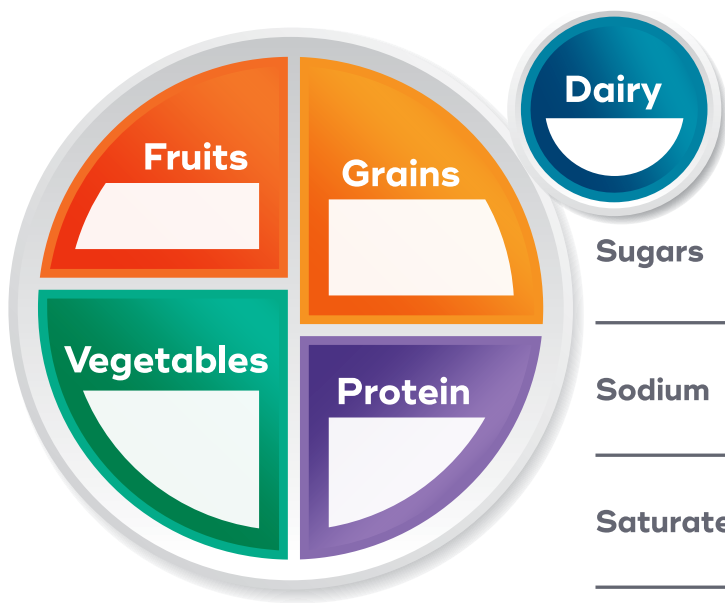
NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-5768

CHILD XXX-XX-6754

CHILD XXX-XX-2214



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
You are highly allergic to eggs and peanuts. Avoid any food that contains eggs & peanuts.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	
GRAINS	6	Whole Grains	Any Baked Goods Containing Peanuts or Eggs
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Peanuts and Eggs, Fried Chicken Fried in Peanut Oil
DAIRY	3	Skim And Low-Fat Milk And Yogurt	

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COMMUNITY MEMBER #4

PHONE: 404-820-5967

ADDRESS: 285 West St. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-4521

PEOPLE IN HOUSEHOLD: 2

CHILDREN: (1), Age 1

MONTHLY INCOME: \$1,254

HEALTH STATE: Type-2 Diabetes

You are a 29-year-old single parent of a 1-year-old. You were recently laid off from your job, losing your health benefits. You have found temporary work earning \$9.50/hour. Your monthly income after taxes is \$1,254. You split the rent for a two-bedroom apartment with a roommate. A friend's mother is temporarily providing childcare. Your 1-year-old is on Right from the Start (RSM) Medicaid, but you don't have insurance. You have Type 2 diabetes requiring medications and diet restrictions. You use public transportation.

WALLET

CASH	CTC	EITC	SNAP
\$0.27			

TRANSPORTATION

This section designates your capabilities to travel around the community.

MONTHLY BUS PASS

Present this card to
redeem bus trips.



FINANCIAL GUIDE:

MONTHLY
\$1,254
INCOME

$\$1,254 - \$1,238 = \$16$

People in Household: 2

$\$16 / 2 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$0.27** ←

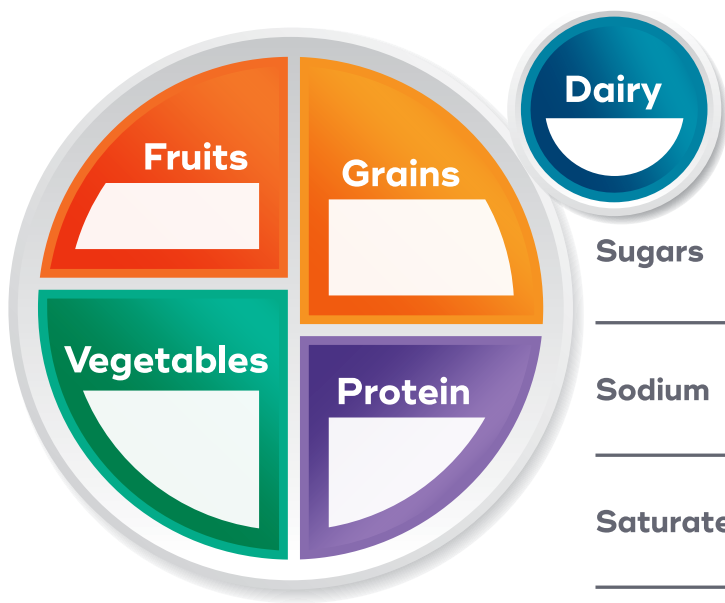
EXPENSES

HOME-	\$950
UTILITIES-	\$120
MEDICAL-	\$0
TRANSPORTATION-	\$95
PHONE-	\$23
CHILDCARE-	\$50
OTHER-	---
TOTAL:	\$1,238

NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-9875



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	4	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	3	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #5

PHONE: 404-223-1762

ADDRESS: 54 Mill Rd. Atlanta, GA 30331

SOCIAL SECURITY #: XXX-XX-4411

PEOPLE IN HOUSEHOLD: 4

CHILDREN: (3), AGES 3, 5, & 7

MONTHLY INCOME: \$2,013

HEALTH STATE: No current health condition

You are 30 years old and the newly single parent of 3 children ages 3, 5, and 7. You earn \$14/hour, and you receive a \$200/month child support payment for a total monthly income of \$2,013 after taxes. You rent a two-bedroom apartment. Your children's healthcare is covered by Medicaid, and you pay for a high deductible health plan. A friend provides in-home childcare at a reduced fee. You use public transportation.

WALLET

CASH	CTC	EITC	SNAP
\$0.65			

TRANSPORTATION

This section designates your capabilities to travel around the community.

MONTHLY BUS PASS

Present this card to
redeem bus trips.



FINANCIAL GUIDE:

MONTHLY
\$2,013
INCOME

$\$2,013 - \$1,935 = \$78$

People in Household: 4

$\$78 / 4 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$0.65** ←

EXPENSES

HOME-	\$1,400
UTILITIES-	\$60
MEDICAL-	\$100
TRANSPORTATION-	\$95
PHONE-	\$30
CHILDCARE-	\$250
OTHER-	---
TOTAL:	\$1,935

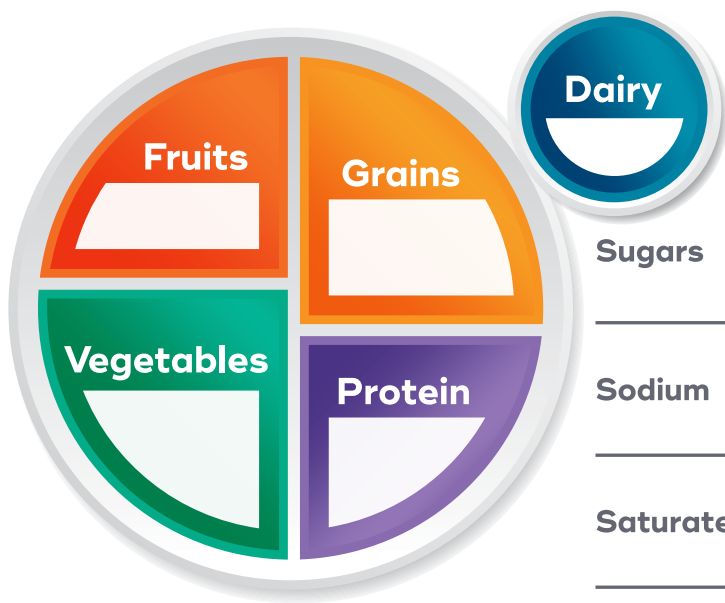
NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-8893

CHILD XXX-XX-7542

CHILD XXX-XX-1098



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

MyPlate guidelines recommend making 1/2 your plate whole fruits and vegetables, and 1/2 your grains whole grains. Vary your proteins and choose low-fat dairy.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #6

PHONE: 770-667-5432

ADDRESS: 754 1st Ave. Atlanta, GA 30307

SOCIAL SECURITY #: XXX-XX-4587

PEOPLE IN HOUSEHOLD: 3

CHILDREN: (2), AGES 6 months & 5

MONTHLY INCOME: \$280 (TANF)

HEALTH STATE: No current health condition

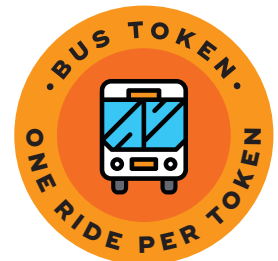
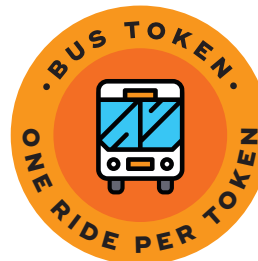
You are 26 years old with two children ages 6 months and 5 years. You currently live in a family shelter. You lost your job and apartment after your youngest was hospitalized for two weeks. The shelter helps with your job search, childcare, breakfast, and 2 public transit rides daily. You receive \$280/month from TANF (Temporary Assistance for Needy Families). You and your children are enrolled in Medicaid, and you are trying to save \$50/month for an apartment. The shelter helps, but you often spend \$80/month on diapers and other personal care items.

WALLET

CASH	CTC	EITC	SNAP
\$1.50			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:



\$280 - \$145 = \$135

People in Household: 3

\$135 / 3 / 30 Days =

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$1.50** ←

EXPENSES

HOME-	\$0
UTILITIES-	\$0
MEDICAL-	\$0
TRANSPORTATION-	\$0
PHONE-	\$15
CHILDCARE-	\$0
OTHER-	\$130

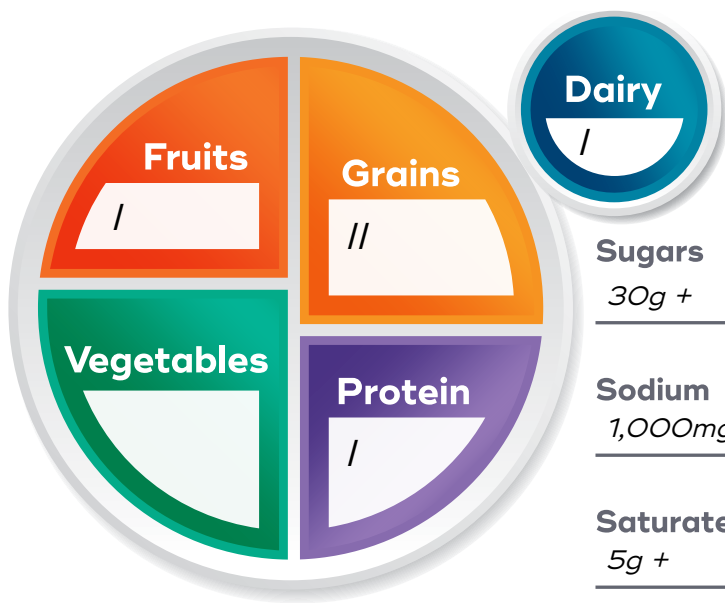
TOTAL: \$145

NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-3767

CHILD XXX-XX-8765



Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

**Nutrition partially completed to reflect shelter-provided meal.*

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #7

PHONE: 770-963-8521

ADDRESS: 873 Oak St. Atlanta, GA 30018

SOCIAL SECURITY #: XXX-XX-2100

PEOPLE IN HOUSEHOLD: 5

CHILDREN: (3) AGES 2, 4, & 7

MONTHLY INCOME: \$2,957

HEALTH STATE: HIGH BLOOD PRESSURE

You are 35 years old, and you and your spouse have 3 children ages 2, 4, and 7. You both work full time for \$12/hour, and your monthly income is \$2,957 after taxes. You live in a two-bedroom apartment and share a vehicle. Your 2-year-old is in daycare, your 4-year-old is in state-funded pre-K, and your 7-year-old is in public school. The two older children attend aftercare at their school. You have insurance through your employer but pay a monthly premium for family. You were recently diagnosed with high blood pressure.

WALLET

CASH	CTC	EITC	SNAP
\$0.35			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:

MONTHLY
\$2,957
INCOME

$\$2,957 - \$2,905 = \$52$

People in Household: 5

$\$52 / 5 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$0.35** ←

EXPENSES

HOME-	\$1200
UTILITIES-	\$150
MEDICAL-	\$275
TRANSPORTATION-	\$350
PHONE-	\$80
CHILDCARE-	\$850
OTHER-	---

TOTAL: \$2,905

NOTES

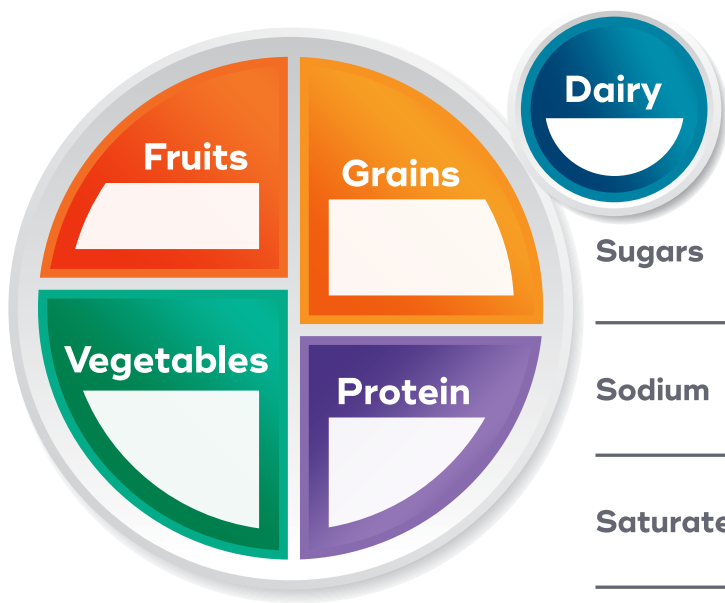
ADDITIONAL SSN INFO

SPOUSE XXX-XX-2345

CHILD XXX-XX-4598

CHILD XXX-XX-9812

CHILD XXX-XX-3488



Sugars <50g

Sodium <1500mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #8

PHONE: 770-552-6322

ADDRESS: 97 Hawk Rd. Atlanta, GA 30307

SOCIAL SECURITY #: XXX-XX-2230

PEOPLE IN HOUSEHOLD: 2

CHILDREN: N/A

MONTHLY INCOME: \$2,500

HEALTH STATE: HIGH BLOOD PRESSURE,
HIGH CHOLESTEROL, STROKE

You are 71 years old and have been married to your spouse for 40 years. You have a combined monthly social security income of \$2,500. You have a history of high blood pressure, high cholesterol, and stroke. You are on Medicare but pay a monthly premium for supplemental insurance. Your home is paid for, but you put aside money each month for property taxes and maintenance expenses. You share a vehicle.

WALLET

CASH	CTC	EITC	SNAP
\$5.95			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:

MONTHLY
\$2,500
INCOME

$\$2,500 - \$2,143 = \$357$

People in Household: 2

$\$357 / 2 / 30 \text{ Days} =$

MONEY LEFT FOR FOOD
PER PERSON, PER DAY:

→ **\$5.95** ←

EXPENSES

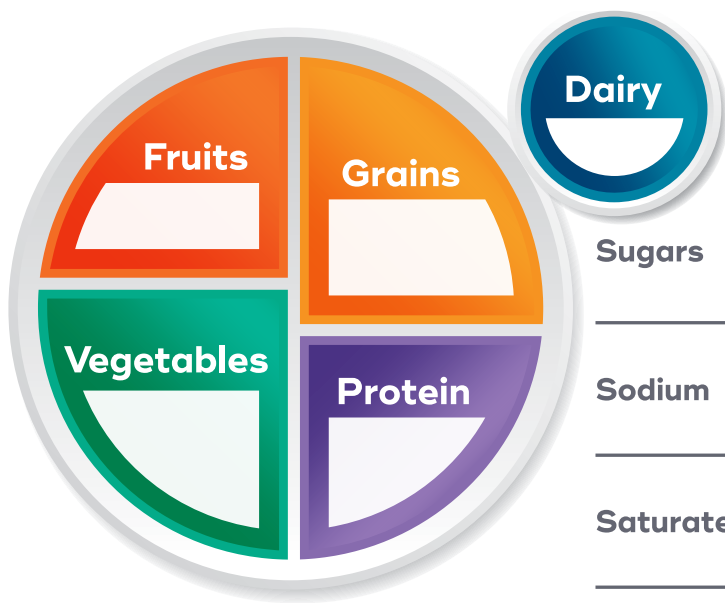
HOME-	\$0
UTILITIES-	\$250
MEDICAL-	\$300
TRANSPORTATION-	\$450
PHONE/INTERNET-	\$130
CHILDCARE-	---
HOMEOWNER EXPENSES-	\$1,013

TOTAL: \$2,143

NOTES

ADDITIONAL SSN INFO

SPOUSE XXX-XX-6578



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #9

PHONE: 770-552-6322

ADDRESS: 128 Pine Rd. Atlanta, GA 30307

SOCIAL SECURITY #: XXX-XX-8765

PEOPLE IN HOUSEHOLD: 3

CHILDREN: (2) AGES 9 & 11

MONTHLY INCOME: \$1,450

HEALTH STATE: DIABETES, HEART DISEASE

You are a 70-year-old grandparent with Type-2 diabetes and heart disease. You are raising two grandchildren ages 9 and 11. You receive a monthly Social Security check of \$1,050/month and receive child support of \$400/month for a combined monthly income of \$1,450. You rent a two-bedroom apartment and take public transportation when necessary. Your healthcare is covered by dual enrollment in Medicare and Medicaid. Your grandchildren are on Medicaid.

WALLET

CASH	CTC	EITC	SNAP
\$2.22			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:

MONTHLY
\$1,450
INCOME

\$1,450 - \$1,250 = \$200

People in Household: 3

\$200 / 3 / 30 Days =

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ \$2.22 ←

EXPENSES

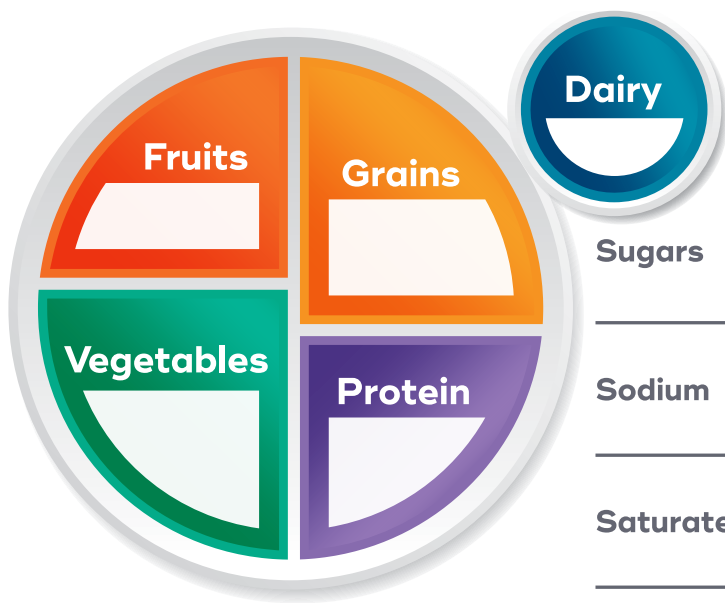
HOME-	\$1,000
UTILITIES-	\$150
MEDICAL-	\$0
TRANSPORTATION-	\$10
PHONE/INTERNET-	\$90
CHILDCARE-	\$0
OTHER-	---
TOTAL:	\$1,250

NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-4321

CHILD XXX-XX-9876



Sugars <50g

Sodium <1500mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

Eat a variety of whole foods, while limiting processed foods and unhealthy fats.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #10

PHONE: 770-493-2894

ADDRESS: 32 Lake Dr. Atlanta, GA 30023

SOCIAL SECURITY #: XXX-XX-3476

PEOPLE IN HOUSEHOLD: 4

CHILDREN: (2) AGES 4 & 10

MONTHLY INCOME: \$3,450

HEALTH STATE: TYPE-1 DIABETES

You are 36 years old and you and your spouse have 2 children ages 4 and 10. You both work full-time. One of you earns \$12/hour and one of you earns \$16/hour; your combined monthly income after taxes is \$3,450. You rent a two-bedroom apartment. Your family has two older cars. Your 4-year-old is in state funded pre-K and your 10-year-old is in public school, and a neighbor provides childcare for \$200/month. You have Type 1 diabetes and have insurance through your employer, but pay a premium for a family plan plus copays.

WALLET

CASH	CTC	EITC	SNAP
\$0.50			

TRANSPORTATION

This section designates your capabilities to travel around the community.

YOU HAVE A VEHICLE

You may travel freely around the community.



You may give one person a ride to two destinations only.

FINANCIAL GUIDE:

MONTHLY
\$3,450
INCOME

$\$3,450 - \$3,390 = \$60$

People in Household: 4

$\$60 / 4 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$0.50** ←

EXPENSES

HOME-	\$1,940
UTILITIES-	\$200
MEDICAL-	\$550
TRANSPORTATION-	\$400
PHONE-	\$100
CHILDCARE-	\$200
OTHER-	---
TOTAL:	\$3,390

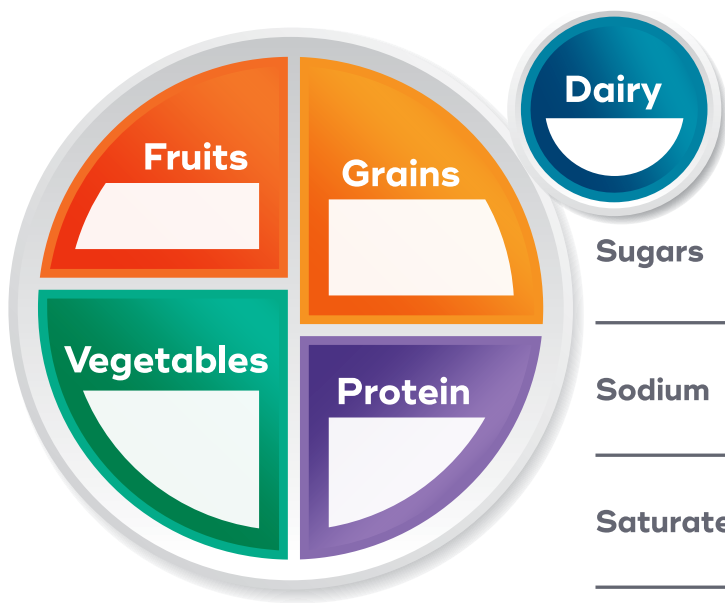
NOTES

ADDITIONAL SSN INFO

SPOUSE XXX-XX-0132

CHILD XXX-XX-8345

CHILD XXX-XX-3215



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

Eat a variety of whole foods, limiting carbohydrates, saturated fats, sugar, and salt.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Green Beans, Carrots, Collards, and Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #11

PHONE: 770-753-3029

ADDRESS: 87 Vine Rd. Atlanta, GA 30043

SOCIAL SECURITY #: XXX-XX-9284

PEOPLE IN HOUSEHOLD: 2

CHILDREN: (1), AGE 10

MONTHLY INCOME: \$2,244

HEALTH STATE: HEART DISEASE

You are a 45-year-old a single parent of one child who is 10 years old. You have a full-time job earning \$17/hour, and your monthly income is \$2,244 after taxes. You rent a one-bedroom apartment. You recently had a brief hospital stay for heart problems and your hospital bills and medication were only partially covered by insurance. Your child goes to a local nonprofit after-school program that offers sliding scale payments. You use public transportation.

WALLET

CASH	CTC	EITC	SNAP
\$2.40			

TRANSPORTATION

This section designates your capabilities to travel around the community.

MONTHLY BUS PASS

Present this card to redeem bus trips.



FINANCIAL GUIDE:

MONTHLY
\$2,244
INCOME

$\$2,244 - \$2,100 = \$144$

People in Household: 2

$\$144 / 2 / 30 \text{ Days} =$

MONEY LEFT FOR FOOD
PER PERSON, PER DAY:

→ **\$2.40** ←

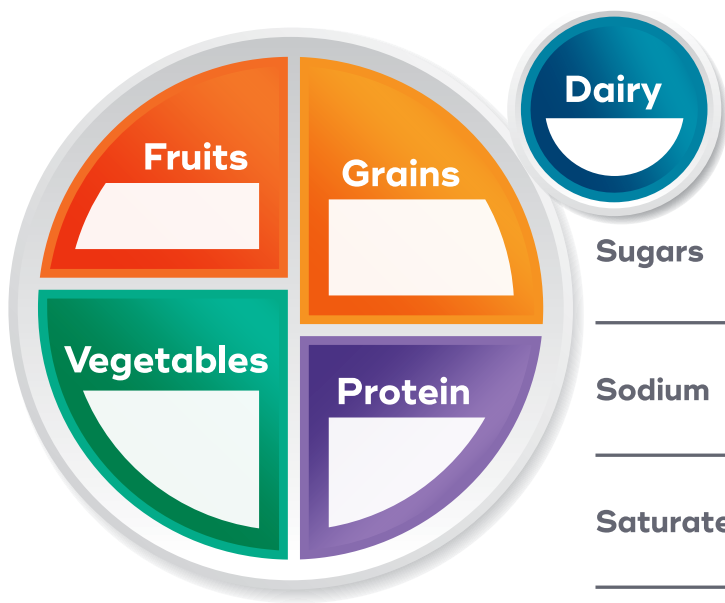
EXPENSES

HOME-	\$1,400
UTILITIES-	\$90
MEDICAL-	\$400
TRANSPORTATION-	\$95
PHONE-	\$15
CHILDCARE-	\$100
OTHER-	---
TOTAL:	\$2,100

NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-0088



Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #12

PHONE: 770-753-3029

ADDRESS: 677 Peach St. Atlanta, GA 30024

SOCIAL SECURITY #: XXX-XX-9284

PEOPLE IN HOUSEHOLD: 5

CHILDREN: (3) AGES 2, 5, & 8

MONTHLY INCOME: \$3,573

HEALTH STATE: HIGH BLOOD PRESSURE,
HIGH CHOLESTEROL

You are 37 years old. You and your spouse have 3 children ages 2, 5, and 8. You work for \$12/hour and your spouse works for \$17/hour; your combined monthly income is \$3,573 after taxes. You rent a 3-bedroom townhome. Your 2-year-old is in daycare, and your other two children stay with family after school. You were recently diagnosed with high cholesterol and high blood pressure. You and your spouse have a high deductible health plan through the Affordable Care Act, & your children are enrolled in the State Children's Health Insurance Program (SCHIP). You and your spouse share a car.

WALLET

CASH	CTC	EITC	SNAP
\$0.48			

TRANSPORTATION

This section designates your capabilities to travel around the community.

YOU HAVE A VEHICLE

You may travel freely
around the community.



You may give one person a ride
to two destinations only.

FINANCIAL GUIDE:

MONTHLY
\$3,573
INCOME

$\$3,573 - \$3,500 = \$73$

People in Household: 5

$\$73 / 5 / 30 \text{ Days} =$

**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ \$0.48 ←

EXPENSES

HOME-	\$1,600
UTILITIES-	\$200
MEDICAL-	\$550
TRANSPORTATION-	\$250
PHONE-	\$100
CHILDCARE-	\$800
OTHER-	---

TOTAL: \$3,500

NOTES

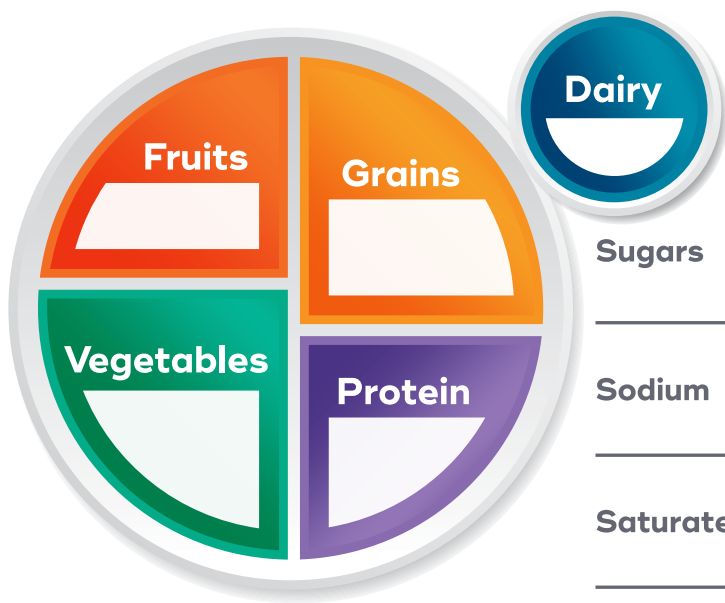
ADDITIONAL SSN INFO

SPOUSE XXX-XX-6789

CHILD XXX-XX-9876

CHILD XXX-XX-8765

CHILD XXX-XX-5421



Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #13

PHONE: 770-753-3029

ADDRESS: 69 High Rd. Atlanta, GA 30062

SOCIAL SECURITY #: XXX-XX-5678

PEOPLE IN HOUSEHOLD: 3

CHILDREN: (2) AGES 4 & 7

MONTHLY INCOME: \$1,320

HEALTH STATE: PRE-DIABETES

You are 28 years old and a single parent of two children ages 4 and 7. You work full-time for \$10/hour; your monthly income after taxes is \$1,320. You rent a two-bedroom apartment. Your youngest child attends a state-funded pre-K and your oldest stays with a neighbor after school. You don't have health insurance, but your children are on the State Children's Health Insurance Program (S-CHIP). Pre-diabetes was suspected at your last health check-up. You use public transportation.

WALLET

CASH	CTC	EITC	SNAP
\$0.15			

TRANSPORTATION

This section designates your capabilities to travel around the community.

MONTHLY BUS PASS

Present this card to
redeem bus trips.



FINANCIAL GUIDE:

MONTHLY
\$1,320
INCOME

$\$1,320 - \$1,306 = \$14$

People in Household: 3

$\$14 / 3 / 30 \text{ Days} =$

MONEY LEFT FOR FOOD
PER PERSON, PER DAY:

→ **\$0.15** ←

EXPENSES

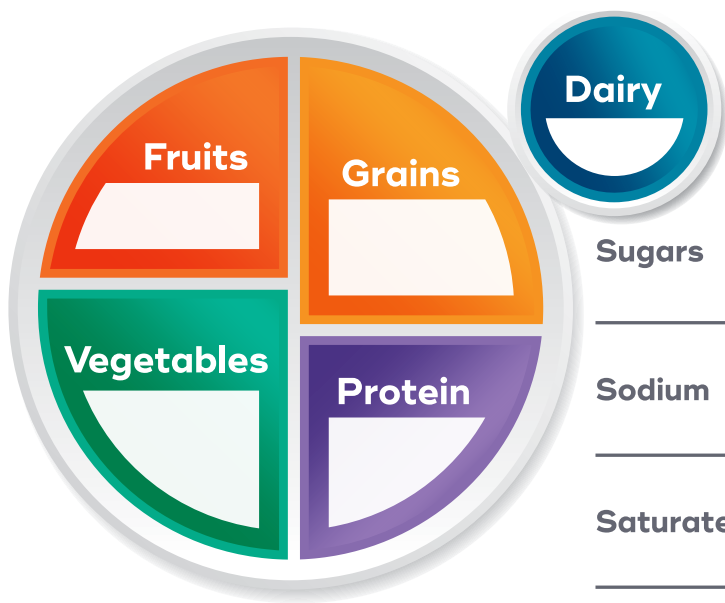
HOME-	\$1,100
UTILITIES-	\$75
MEDICAL-	\$6
TRANSPORTATION-	\$95
PHONE-	\$30
CHILDCARE-	\$0
OTHER-	---
TOTAL:	\$1,306

NOTES

ADDITIONAL SSN INFO

CHILD XXX-XX-3008

CHILD XXX-XX-4467



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

Eat lean proteins, whole grains, and fruits/vegetables with fiber. Limit added sugars and carbohydrates.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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COMMUNITY MEMBER #14

PHONE: 770-753-3029

ADDRESS: 251 Mill St. Atlanta, GA 30317

SOCIAL SECURITY #: XXX-XX-3210

PEOPLE IN HOUSEHOLD: 4

CHILDREN: (2), AGES 1 & 3

MONTHLY INCOME: \$3,311

HEALTH STATE: PREGNANCY

You are 31 years old. You and your spouse have two small children ages 1 and 3, and you are expecting your third child. You rent a two-bedroom apartment. One of you works for \$12/hour and the other works for \$15/hour; your combined monthly income after taxes is \$3,311. Both children are in full-time daycare. One parent pays for private insurance coverage, the pregnant parent and youngest child are on Medicaid, and your 3-year-old is on the State Children's Health Insurance Program (S-CHIP).

WALLET

CASH	CTC	EITC	SNAP
\$0.43			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:

MONTHLY
\$3,311
INCOME

$\$3,311 - \$3,260 = \$51$

People in Household: 4

$\$51 / 4 / 30 \text{ Days} =$

MONEY LEFT FOR FOOD
PER PERSON, PER DAY:

→ **\$0.43** ←

EXPENSES

HOME-	\$1,400
UTILITIES-	\$125
MEDICAL-	\$315
TRANSPORTATION-	\$390
PHONE-	\$30
CHILDCARE-	\$1,000
OTHER-	---
TOTAL:	\$3,260

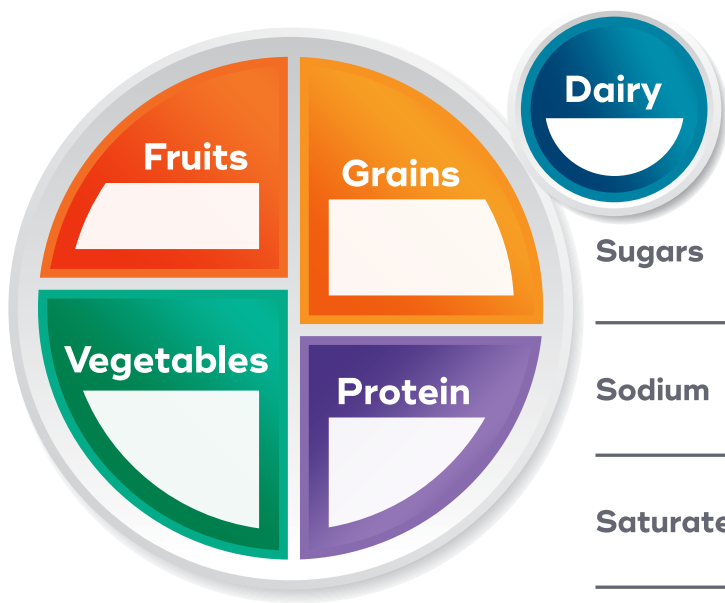
NOTES

ADDITIONAL SSN INFO

SPOUSE XXX-XX-2299

CHILD XXX-XX-3564

CHILD XXX-XX-5984



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

Avoid raw or undercooked meat, poultry, shellfish, fish that are high in mercury, and eggs.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Fresh or Frozen Fruits	
VEGETABLES	3	Fresh, Frozen or Canned Vegetables	Potatoes and Corn
GRAINS	6	Whole Grains	Highly processed carbohydrate foods like baked goods and sugary cereals.
PROTEIN	6	Fresh Or Frozen: Fish, Lean Pork And Beef	Hot Dogs, Black Beans, Lentils, Peanut Butter, Nuts, Tofu, Eggs, Undercooked Meats
DAIRY	3	Soy Milk	Milk, Yogurt, Soft Cheese, Unpasteurized Dairy

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COMMUNITY MEMBER #15

PHONE: 770-753-3029

ADDRESS: 77 Ridge Rd. Atlanta, GA 30316

SOCIAL SECURITY #: XXX-XX-3210 PEOPLE

IN HOUSEHOLD: 1

CHILDREN: N/A

MONTHLY INCOME: \$2,772

HEALTH STATE: EARLY STAGE KIDNEY

DISEASE, DIABETES, HIGH BLOOD PRESSURE

You are 58 years old, single, with no children. You earn \$21/hour and have a monthly income of \$2,772 after taxes. You rent a two-bedroom apartment. You have had significant challenges with diabetes and high blood pressure that have led to renal (kidney) problems. Your doctor has given you a strict diet, a new medication regimen, and has warned you that you are at risk of requiring dialysis. You use public transportation or rideshare when necessary.

WALLET			
CASH	CTC	EITC	SNAP
\$1.73			

TRANSPORTATION

This section designates your capabilities to travel around the community.



FINANCIAL GUIDE:

A circular orange stamp with the word "MONTHLY" at the top and "INCOME" at the bottom. In the center, the amount "\$2,772" is written in a large, bold, black font.

\$2,772 - \$2,765 = \$7
People in Household: 1
\$7 / 30 Days =

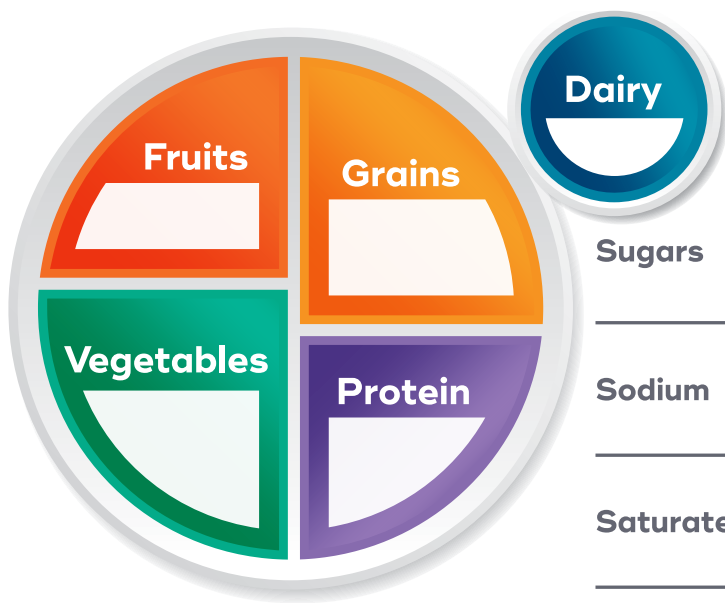
**MONEY LEFT FOR FOOD
PER PERSON, PER DAY:**

→ **\$1.73** ←

EXPENSES

HOME-	\$1,750
UTILITIES-	\$120
MEDICAL-	\$700
TRANSPORTATION-	\$50
PHONE-	\$100
CHILDCARE-	---
OTHER-	---
TOTAL:	\$2,765

NOTES



Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:
Eat 8-12 ounces of fish per week. Include beans, peas and nuts 4-5 days per week.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Non-Starchy Vegetables Like Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	7	Whole Grains	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	3	Foods Low In Saturated Fats Like Fish, Lean Meats And Skinless Chicken	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	2	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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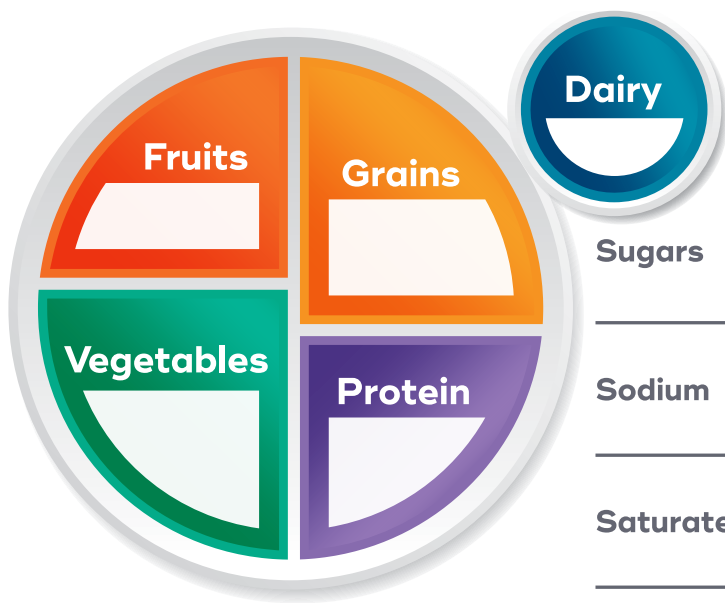
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NOTES



Sugars <50g

Sodium <2300mg

Saturated Fats <22g

Using your food cards, total the amount of each nutrient you consumed today and tally in each food group section. Compare your food intake to the nutrition recommendations in the chart below.

Keep track of the amount of sugars, sodium and saturated fats in your food intake, and tally them on the lines to the left.

Your goal in this activity is to find the recommended number of daily servings for yourself only.

Health Tips:

MyPlate guidelines recommend making 1/2 your plate whole fruits and vegetables, and 1/2 your grains whole grains. Vary your proteins and choose low-fat dairy.

NUTRITION RECOMMENDATIONS

FOOD GROUP	#	CHOOSE	LIMIT
FRUITS	2	Whole Fruit	Fruit Juice Or Dried Fruit
VEGETABLES	3	Green Beans, Carrots, Collards And Tomatoes	Potatoes and Corn
GRAINS	6	Whole Grains like Whole Wheat Bread, Brown Rice, Oatmeal	Highly Processed Carbohydrate Foods Like Baked Goods And Sugary Cereals
PROTEIN	6	Lean Meats And Skinless Chicken, Peanut Butter, Eggs, Beans, Lentils	Fatty Meats Like Bacon, Sausage And Hot Dogs
DAIRY	3	Skim And Low-Fat Milk And Yogurt	Full-Fat Cheese

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Email us at
education@acfb.org



Follow us!
@acfb



BUS DRIVER

Your Packet Includes

Bus Stop Signs, Bus Driver Badge, 20+ Bus Tokens, 20+ Bus Receipts and a Pencil.

Instructions

- If not already done, post the Bus Station and stops.
- Wear your Bus Driver Badge and post the Bus Stop Signs in the appropriate places (see Map).
- Your bus has 4 stops: "HOME", Food Tiger, SNAP Office/ VITA and Food Pantry/WIC Clinic.
- Travel to these in order and call out your stops as you approach them.
- Any rider who gets off at a destination must wait for the bus to return in order to ride to their next destination.
- Take 1-2 minutes to travel to each stop.
- Community members cannot skip stops and must ride until the driver reaches their destination. You are also the TIMEKEEPER.

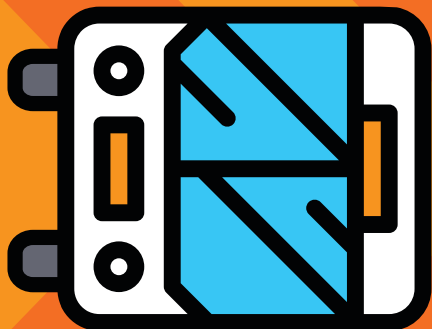
Role Description

- You are the BUS DRIVER, and you provide public transportation for the community members.
- Community members with Bus Tokens will give you 1 Bus Token for 1 ride.
- In return, you will provide a Bus Receipt for their records (Some agencies will require that community members show proof that they rode the bus to their destination)
- If a Community Member has tokens on their profile sheet, please cross off one token/ride.
- The community members that have a Monthly Bus Pass can take an unlimited number of rides on the bus if they show you their Monthly Bus Pass.
- You have Bus Tokens in your packet that you can sell to participants.
- A Community Member may use cash or EITC and CTC credits to purchase these items from you.

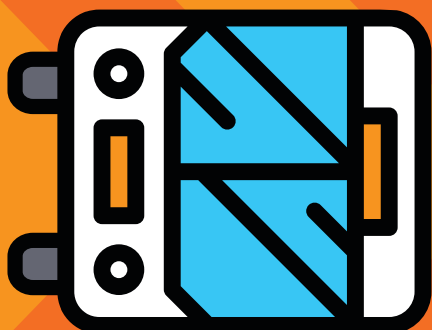
Bus Tokens

\$2.50 each

BUS DRIVER BADGE



**BUS
DRIVER**



**BUS
DRIVER**





1000 JOURNAL OF POST KEYNESIAN ECONOMICS



Journal Pre-proof

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FOOD PANTRY COORDINATOR

Your Packet Includes

Food Pantry Sign, "Closed" Sign, 16+ Food Pantry Applications, 3 Pencils and Food Cards (5 Macaroni & Cheese, 5 White Bread, 5 Pasta, 5 Tomato Sauce, 5 Tuna, 5 Brown Rice, 5 Black Beans, 5 Broccoli, 5 Carrots, 5 Sweet Potatoes).

Instructions

- If not already done, post the Food Pantry Sign in the appropriate place and set up your table and chairs (make sure there are some for your clients too) with the materials in your packet.
- Each visitor seeking assistance must fill out an application.
- Check their Community Member Profile to confirm their identities and information. Request to see a proof of transportation (Bus Receipt, Monthly Bus Pass, or Transportation Card).
- Due to capacity challenges, you focus your efforts on serving people living in your service area: zip codes **30307 and 30317**. These neighbors can choose up to **4** food items that are best for their health state.
- For neighbors outside of your service area in **30205, 30033, 30031**, you can give them up to **1** food item that you choose (food items you have enough of but that might not be ideal for their health state). **You are not able to serve people in any other zip codes**, but you can provide them with a referral to the Community Kitchen.

Role Description

- You are the FOOD PANTRY COORDINATOR for an organization that provides FREE groceries to people in need.
- You get donations from grocery stores and from your local food bank.
- You rely on volunteers to help keep your pantry open.
- Due to increased demand and a decline in donations, you can only serve people once every six months, and you can only serve those within certain zip codes.
- **The eligible zip codes have different pantry rules; some have access to a "Client Choice" pantry, while others do not.**
- Try to give people enough food for one meal for one person. Since you are limited to donated foods, you may not always have access to foods that go well together.

COMMUNITY KITCHEN COORDINATOR

Your Packet Includes

Community Kitchen Sign, Benefits Outreach Sign, “Closed” Sign, 16 Meal Tickets, 5 Bus Tokens, 1 EITC/CTC Eligibility Sheet, 1 SNAP/WIC Eligibility Sheet and Pencils.

Instructions

- If not already done, post the Community Kitchen/Benefits Outreach signs in the appropriate place and set up your table and chairs with the materials in your packet.
- Give each Community Member you serve a Meal Ticket (you have 16 meals to serve), which equals one bowl of vegetable soup and bread.
- You cannot provide actual benefits, but you can use the Eligibility Sheet to help Community Members identify social service benefits or assistance that they may be eligible for and direct them to SNAP Office, VITA, WIC Clinic, and/or Food Pantry.
- You have five Bus Tokens that you can give to community members as you see fit. You may close the Community Kitchen (using the “CLOSED” sign) if you need to seek monetary or food donations, or to raise awareness about the Community Kitchen.
- Use your Transportation Card if you want to give a Community Member a ride to another location.

Role Description

- You are the Community Kitchen Coordinator for an organization that provides free, prepared meals to people in need.
- You also counsel clients on other benefits that they might be eligible for to help them become more food secure.
- You don’t have unlimited funds and often run out of food before everyone is fed.

Transportation Card



SNAP OFFICE STAFF

Your Packet Includes

SNAP Office Sign, SNAP Applications (the number of applications depends on the number of simulation participants), 4-5 Pens and 2 SNAP/WIC Eligibility Sheets, 1 QR code sheet.

SNAP stands for Supplemental Nutrition Assistance Program.

Instructions

- If not already done, post the SNAP Office Sign and set up your table and chair(s), and if space allows, set up a small community waiting area with 5-10 chairs.
- Before you assist a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a SNAP Office requirement, it is to ensure that participants are following the rules of the simulation.
- When community members arrive, give them an application and ask them to complete it in the waiting area and get back in line when they are done.
- Refer to the WIC/SNAP Eligibility Sheet for each Community Member's eligibility and the amount of SNAP benefit they should receive. If eligible, write the listed benefit amount into the SNAP column in the wallet section of their profile sheet.
- Explain that they can use their SNAP dollars to purchase food items at the grocery stores.

Role Description

- Community Members come to you to apply for and, if eligible, receive SNAP benefits that they can use to purchase food.
- Your job is to review applications, determine if people are eligible, and if they are eligible, give them their SNAP benefits.

WIC CLINIC STAFF

Your Packet Includes

16+ WIC applications, 16+ of Nutrition Education Sheets, 2 WIC/SNAP eligibility sheets, 16+ eWIC Cards, 1+ Sign-in Sheet, 1 QR Code sheet, pens

Instructions

- If not already done, post the WIC Clinic sign and set up your table and chair(s), and if space allows, set up a small community waiting area with 5-10 chairs.
- Before you assist a community member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a WIC program rule, it is to ensure that participants are following the rules of the simulation.
- *Any parent or guardian can apply for WIC for an infant or child under 5 years of age.*
- When community members arrive at clinic, have them sign in with their first name and Community Member profile # (sometimes Community Members have the same profile #).
- Give Community Member a WIC application, Nutrition Education Sheet, a pen and ask them complete their paperwork in the waiting area and return the completed form to the end of the table.
- Explain that you will call them by their first name and profile number when you are ready to review their paperwork.
- When you call a community member up to review their application, use the eWIC Eligibility Sheet to determine eligibility for WIC program and, if eligible, both of you will sign the application.
- For the WIC program no social security number is required.
- Once application is signed, review the Nutrition Education sheet with the applicant.
- Once all paperwork is complete, give applicant 1 eWIC Card and explain that they can use this card to get food at Food Tiger or Corner Store.

Role Description

- Community Members come to you to receive WIC benefits.
- Your job as WIC Clinic staff is to determine if people are eligible, and if they are eligible, give them their eWIC Card and review nutrition information.

FOOD TIGER CASHIER

Your Packet Includes	Food Tiger sign, 16-20 of each Food Tiger Food Card, 2 Pens and 1-2 Calculators.
Instructions	<ul style="list-style-type: none">● If not already done, post the Food Tiger sign and set up your table and chair(s).● Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc).● Before you assist a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, Car or Driver). This is not a Food Tiger rule, it is to ensure that participants are following the rules of the simulation.● Community Members can use SNAP dollars for all food purchases.● Community Members can purchase food with cash allotments from the wallet section of their profile sheet. They can also use an eWIC Card to purchase 1 vegetable, 1 fruit, 1 grain, 1 protein (meat, peanut butter, fish, beans and rice) and 1 dairy. It must say WIC on the food card.● Cashier needs to check off each purchased item on the eWIC Card.● Some food items might be 2 or more different food groups (for example, Dairy and Protein). For the purposes of the eWIC Card, choose one food group per card.
Role Description	<ul style="list-style-type: none">● You are the Food Tiger Cashier.● Food Tiger is a large and popular grocery chain in your area.● You are in charge of checking out customers and ensuring they pay for purchases with either cash, SNAP, EITC, CTC benefits (amounts will be noted in the wallet section of their profile sheets) or an eWIC Card.● You must subtract their purchases from the appropriate column and make sure they get their food items.

CORNER STORE CASHIER

Your Packet Includes

Corner Store sign, 10 of each Corner Store Food Cards, 1 Pen and 1 Calculator

Instructions

- If not already done, post the Corner Store sign and set up your table and chair.
- Unclip and display the food cards on your table. As much as possible, organize by food groups (dairy, vegetables, etc).
- Community Member can use SNAP money for all food purchases **except** ready-to-eat foods.
- Community Members can purchase food with cash allotments from the wallet section of their profile sheet. They can also use an eWIC Card to purchase 1 vegetable, 1 fruit, 1 grain, 1 protein (meat, peanut butter, fish, beans and rice) and 1 dairy. It must say WIC on the food card.
- Cashier needs to check off each purchased item on the eWIC Card and give the Community Member their WIC foods.

Role Description

- You are the Corner Store Cashier.
- Corner Store is a small neighborhood grocery with limited inventory. You are in charge of checking out customers and ensuring they pay for purchases with either cash, SNAP, EITC, CTC benefits (amounts will be noted in the wallet section of their profile sheets) or an eWIC Card.
- You must subtract their purchases from the appropriate column and make sure they get their food items.
- This is your business, so if you want to allow someone to work for food, run a sale, etc., you can do so 1x during the simulation.

VITA COORDINATOR

Your Packet Includes

VITA Services Sign, 1 EITC/CTC Eligibility Sheet, 16+ EITC/CTC Worksheets and 4 Pencils.

Instructions

- If not already done, post VITA sign.
- Tell anyone visiting your site about what you do and how you can help them.
- Before you serve a Community Member, request proof of transportation (Bus Receipt, Monthly Bus Pass, or Vehicle Card). This is not a VITA requirement, it is to ensure that participants are following the rules of the simulation.
- Have each Community Member complete the EITC/CTC Worksheet.
- Review the EITC/CTC Worksheet and verify that all information correctly matches their Community Member Profile.
- Refer to the Eligibility Sheet for each Community Member's eligibility and amount of benefits they should receive. If the Community Member is eligible, write the appropriate EITC and/or CTC credit in their wallet under the appropriate columns.
- Community Members can use credits to purchase bus tokens and to buy groceries.

Role Description

- You are the VITA COORDINATOR at a Volunteer Income Tax Assistance (VITA) site to help low to middle income workers with Volunteer Income Tax Assistance so they can file for and receive a portion of their Earned Income Tax Credit (EITC) and/or Child Tax Credit (CTC).
- You can offer VITA services to anyone visiting your mobile site.
- Community Members eligible for EITC and Child Tax Credit can use the credits to help purchase transportation and groceries.

Eligibility Sheet

Earned Income Tax Credit & Child Tax Credit

COMMUNITY MEMBER	EITC BENEFIT	CTC BENEFIT	EXPLANATION
1	Not Eligible	Not Eligible	No taxable income, No children
2	\$4.60	\$2.80	Income eligible, eligible children
3	\$5.20	\$3.30	Income eligible, eligible children
4	\$5.50	\$2.80	Income eligible, eligible children
5	\$5.20	\$4.16	Income eligible, eligible children
6	Not Eligible	Not Eligible	No taxable income
7	\$4.10	\$3.30	Income eligible, eligible children
8	Not Eligible	Not Eligible	No taxable income, No children
9	Not Eligible	Not Eligible	No taxable income
10	\$4.60	\$2.80	Income eligible, eligible children
11	\$5.50	\$2.80	Income eligible, eligible children
12	\$4.10	\$3.30	Income eligible, eligible children
13	\$6.10	\$3.70	Income eligible, eligible children
14	\$4.60	\$2.80	Income eligible, eligible children
15	Not Eligible	Not Eligible	Income over limit, No children
16	\$4.10	Not Eligible	Income eligible for EITC, No children

Eligibility Sheet

Supplemental Nutrition Assistance Program (SNAP)

COMMUNITY MEMBER	SNAP BENEFIT	EXPLANATION
1	\$2.00	Income Eligible
2	Not Eligible	Income over limit
3	\$3.00	Income Eligible
4	\$2.00	Income Eligible
5	\$2.00	Income Eligible
6	\$6.00	Income Eligible
7	Not Eligible	Income over limit
8	Not Eligible	Income over limit
9	\$6.00	Income Eligible
10	Not Eligible	Income over limit
11	Not Eligible	Income over limit
12	Not Eligible	Income over limit
13	\$3.00	Income Eligible
14	Not Eligible	Income over limit
15	Not Eligible	Income over limit
16	Not Eligible	Income over limit

Eligibility Sheet

Women, Infants, and Children Program (WIC)

COMMUNITY MEMBER	eWIC CARD ELIGIBLE	EXPLANATION
1	NO	No Children
2	NO	Children over age 4
3	YES	Children Eligible
4	YES	Children Eligible
5	YES	Children Eligible
6	YES	Children Eligible
7	YES	Children Eligible
8	NO	No Children
9	NO	Children over age 4
10	YES	Children Eligible
11	NO	Children over age 4
12	YES	Children Eligible
13	YES	Children Eligible
14	YES	Children Eligible
15	NO	No Children
16	NO	No Children

Questions about your eligibility?

Visit the *Benefits.gov* website to see all eligibility guidelines for state and federal nutrition assistance programs:



Questions about your eligibility?

Visit the *Benefits.gov* website to see all eligibility guidelines for state and federal nutrition assistance programs:



Questions about your taxes and the EITC?

Visit the *IRS.gov* website to see all eligibility guidelines for the Earned Income Tax Credit:



Questions about your taxes and the EITC?

Visit the *IRS.gov* website to see all eligibility guidelines for the Earned Income Tax Credit:



**SORRY WE'RE
CLOSED**

SNAP Application

Supplemental Nutrition Assistance Program

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Date of Birth / /		SSN
Phone #		Primary Language		# in household
Are you married?	Are you pregnant?	Are you currently employed?	Are you in the U.S. legally?	# of Children in household
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	Ages of Children in household
				Hourly Wage (if provided)
Monthly Income		Proof of Transportation <input type="checkbox"/> Bus Token <input type="checkbox"/> Bus Pass <input type="checkbox"/> Transportation Card <input type="checkbox"/> Other		
Is anyone in your household fleeing to avoid prosecution, custody, or confinement after conviction, under the law? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?				
Is anyone in your household in violation of his/her parole/probation? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?				
Has anyone in your household fraudulently misrepresented his/her identity or residence to receive any benefits? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?				
Has anyone in your household been found guilty of a felony related to a controlled substance (drugs)? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?				
Has anyone in your household been found guilty by a court of selling food stamps of \$500 or more? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, who?				
Do you understand that some able bodied food stamp recipients without dependent children will only be eligible to receive food stamps for a 3 month period unless working or participating in certain education, training or work experience programs for at least 20 hours/week? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Applicant Signature			Date	
Case Manager Signature			Date	

VITA Application

This application determines eligibility for Earned Income Tax Credit (EITC) and Child Tax Credit (CTC)

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name(s) as Shown on Income Tax Return	
Monthly Income from Job Wages / Earnings (SSI and unemployment not applicable)	
Are you single? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you married? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you (and spouse) have a valid Social Security Number (SSN) that allow you to work in the U.S.? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, please list SSN's for you and your spouse	
Was all of your income earned in the U.S.? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you (and your spouse) have an income from investments (stocks, mutual funds) of less than \$3,150? <input type="checkbox"/> Yes <input type="checkbox"/> No

Complete form below if you have children.

	Child One	Child Two	Child Three
Child's Name(s)			
Child's SSN(s)			
Child's Birthdate(s)			
Was your child under the age of 24 at the end of last year, a full-time student, and younger than you?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Was the child permanently and totally disabled?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is child your son, daughter, adopted child, stepchild, grandchild, brother, sister, niece, nephew, or foster child?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is the child unmarried or if married can be claimed as your dependent?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Did the child live with you in the U.S. for more than half of last year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Can any other person besides you (or spouse) claim child for EITC?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you (and your spouse) have a valid SSN that allows you to work in the U.S.?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, please list SSN's for you and your spouse			
Total number of children under age 16 at the end of last year			

Food Pantry Application

Name (Last)	(First)	(Middle Initial)	
Address (Street)	(City)	(State)	(Zip)
Date of Birth / /	SSN	# in household	
Phone #	# of Children in household		
Monthly Household Income	Ages of Children in household		
Do you receive any federal assistance, such as SNAP or WIC? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Signature		Date	

Food Pantry Application

Name (Last)	(First)	(Middle Initial)	
Address (Street)	(City)	(State)	(Zip)
Date of Birth / /	SSN	# in household	
Phone #	# of Children in household		
Monthly Household Income	Ages of Children in household		
Do you receive any federal assistance, such as SNAP or WIC? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Signature		Date	

Food Pantry Application

Name (Last)	(First)	(Middle Initial)	
Address (Street)	(City)	(State)	(Zip)
Date of Birth / /	SSN	# in household	
Phone #	# of Children in household		
Monthly Household Income	Ages of Children in household		
Do you receive any federal assistance, such as SNAP or WIC? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Signature		Date	

WIC Application

Use your name or write in your Community Member #, if you dont have information for certain sections, mark "no" or write N/A.

Name (Last)		(First)		(Middle Initial)
Address (Street)		(City)	(State)	(Zip)
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		Date of Birth / /		
Phone #		Primary Language		
Are you pregnant?	Are you currently employed?	Monthly Income:	Number in Household:	
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		Hourly Wage (if provided)	
Proof of Transportation <input type="checkbox"/> Bus Token <input type="checkbox"/> Bus Pass <input type="checkbox"/> Transportation Card <input type="checkbox"/> Other				
Family/Household Members Applying for the WIC Program:				
1	WIC Type: Child: <input type="checkbox"/> Age of Child- Pregnant: <input type="checkbox"/>			
2	WIC Type: Child: <input type="checkbox"/> Age of Child- Pregnant: <input type="checkbox"/>			
3	WIC Type: Child: <input type="checkbox"/> Age of Child- Pregnant: <input type="checkbox"/>			
4	WIC Type: Child: <input type="checkbox"/> Age of Child- Pregnant: <input type="checkbox"/>			
5	WIC Type: Child: <input type="checkbox"/> Age of Child- Pregnant: <input type="checkbox"/>			
Applicant Signature			Date	
Case Manager Signature			Date	
Nutrition Education / Approved Foods Reviewed? <input type="checkbox"/> Yes <input type="checkbox"/> No				

WIC Clinic Sign In Sheet:

	First Name	Community Member #
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

eWIC CARD

SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN



Redeem this card
at Corner Store or
Food Tiger for one
WIC food item in
each category.

Check appropriate boxes:

- ☐ **FRUITS**
- ☐ **VEGETABLES**
- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

eWIC CARD

SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN



Redeem this card
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each category.

Check appropriate boxes:

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Check appropriate boxes:

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- ☐ **VEGETABLES**
- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

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Check appropriate boxes:

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- ☐ **VEGETABLES**
- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

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Check appropriate boxes:

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- ☐ **VEGETABLES**
- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

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WOMEN, INFANTS, AND CHILDREN



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Check appropriate boxes:

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- ☐ **VEGETABLES**
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eWIC CARD

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WOMEN, INFANTS, AND CHILDREN



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Check appropriate boxes:

- ☐ **FRUITS**
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- ☐ **PROTEIN**
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eWIC CARD

SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN



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Check appropriate boxes:

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- ☐ **DAIRY**

eWIC CARD

SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN



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Check appropriate boxes:

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- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

eWIC CARD

SUPPLEMENTAL NUTRITION PROGRAM FOR
WOMEN, INFANTS, AND CHILDREN



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each category.

Check appropriate boxes:

- ☐ **FRUITS**
- ☐ **VEGETABLES**
- ☐ **GRAINS**
- ☐ **PROTEIN**
- ☐ **DAIRY**

Nutrition Education

Complete your WIC nutrition education requirement and learn about healthy eating.

Why Whole Grains?

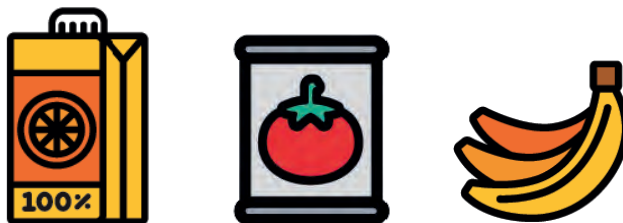
- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.



Why No Sugar Added?

- Sugar has no nutritional value
- Our bodies don't need sugar
- Excess sugar can lead to serious health issues

The American Heart Association (AHA) has recommended that Americans drastically cut back on added sugar to help slow the obesity and heart disease epidemics. Our bodies don't need added sugar these are empty calories that offer no nutritional value but can lead to health risks.



WIC APPROVED FOODS LIST

FRUITS & VEGETABLES

- No variety of fresh, canned, or frozen vegetable or mixture containing seasonings, fats, or oils
- No creamed, sauced, or breaded vegetables
- No juice
- No herbs or spices
- No edible blossoms/flowers
- No dried fruit or vegetable, fruit leathers or roll-ups
- No catsup, or other condiments
- No soups
- No pickled vegetables or olives
- No vegetable-grain mixtures such as rice, noodles, or pasta
- No fruit baskets, party trays, or purchases from salad bars
- No fruits with added sugar, syrups, or with artificial sweeteners



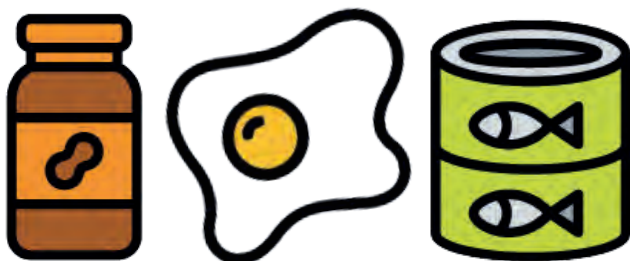
JUICE

- No organic or sugar added
- No V-8 Splash, vegetable juice, or pineapple juice
- No infant juice or sports drink



PROTEIN

- No organic
- No albacore
- No oil packed
- No added flavors
- No pouches or individual serving containers
- No fresh or frozen



DAIRY

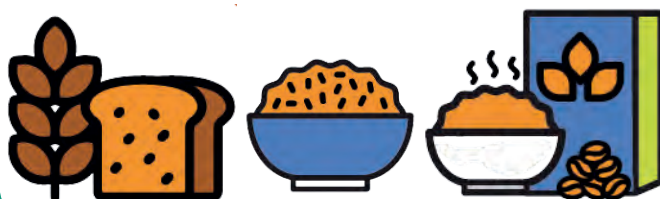
- No organic or flavored milk
- No buttermilk, rice milk, a2 milk, nutmilks, almond milk, cashew milk, hazelnut milk, coconut milk, pea protein plant milk, flax milk, or oatmilk
- No raw milk (non-pasteurized)
- No dried whole milk (Nido)
- No evaporated filled milk
- No 2% milk



GRAINS

Whole grains include 100% whole wheat bread and sandwich buns/rolls, whole grain tortillas, brown rice, and whole wheat pasta

- No hot dog rolls/buns
- No organic
- No added sugars, fats, oils, or salt
- No white or flavored rice



LEGUMES

- No organic
- No added sugar, fat, oil, or meat
- No soups or baked beans
- No immature varieties of legume such as green peas or snap beans/green beans
- No flavored beans or peas



INFANT FOODS

- No organic
- No meat and vegetable, or meat and pasta mixtures
- No diced or pouches
- No dessert
- No sweet potato casserole
- No added fruit, formula, or DHA/ARA
- No baby cereal in jars

MAP

To move from the neighborhood to the community, the Community Member must have a **Bus Token, Monthly Bus Pass, or Vehicle Card**. Community Members with a Vehicle Card can move freely between all sections and locations. Community Members with Bus Tokens or Monthly Passes must wait at the bus stop to move between sections and must ride the bus to their various locations.

NEIGHBORHOOD



COMMUNITY

Bus
Stop



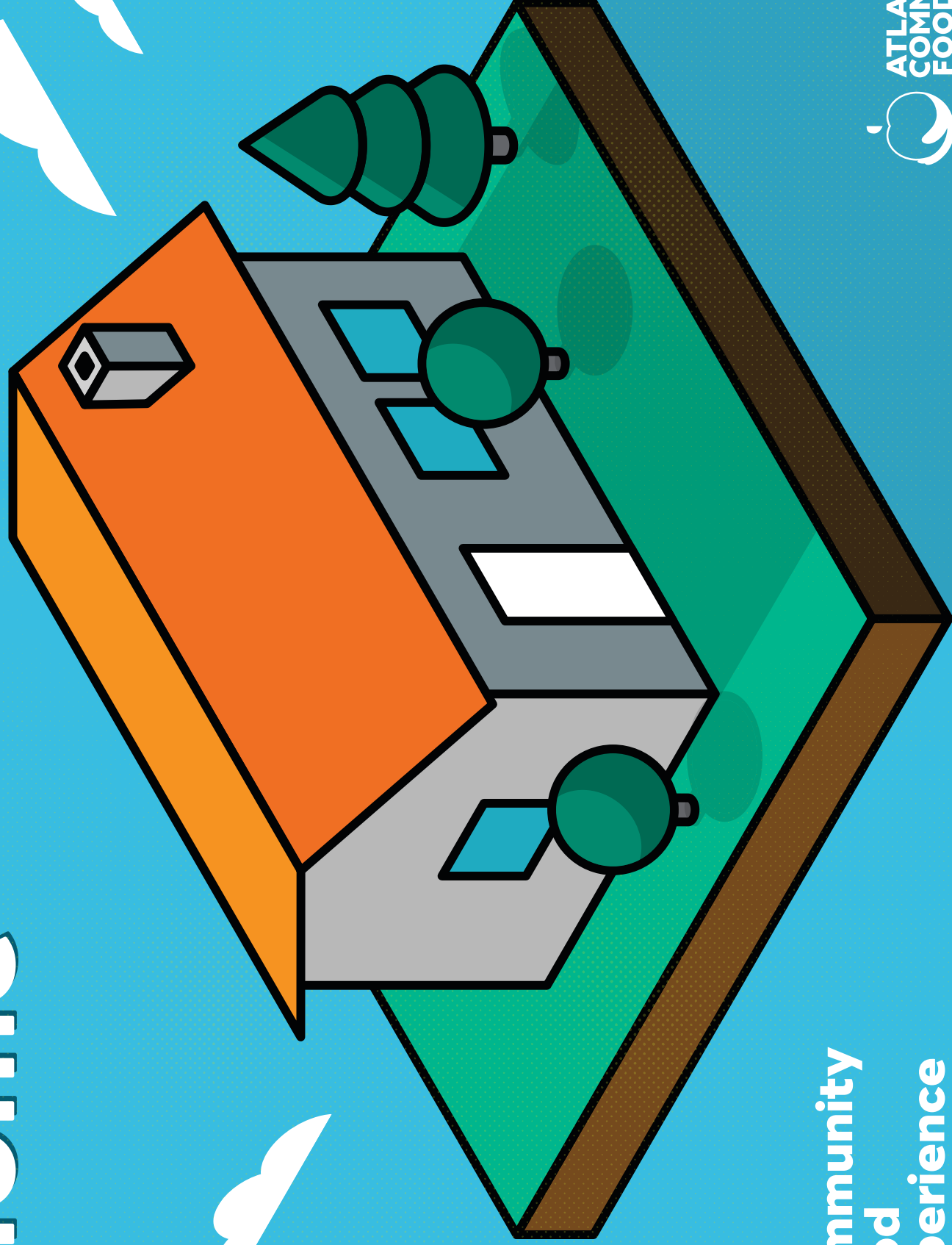
Bus
Stop



Bus
Stop



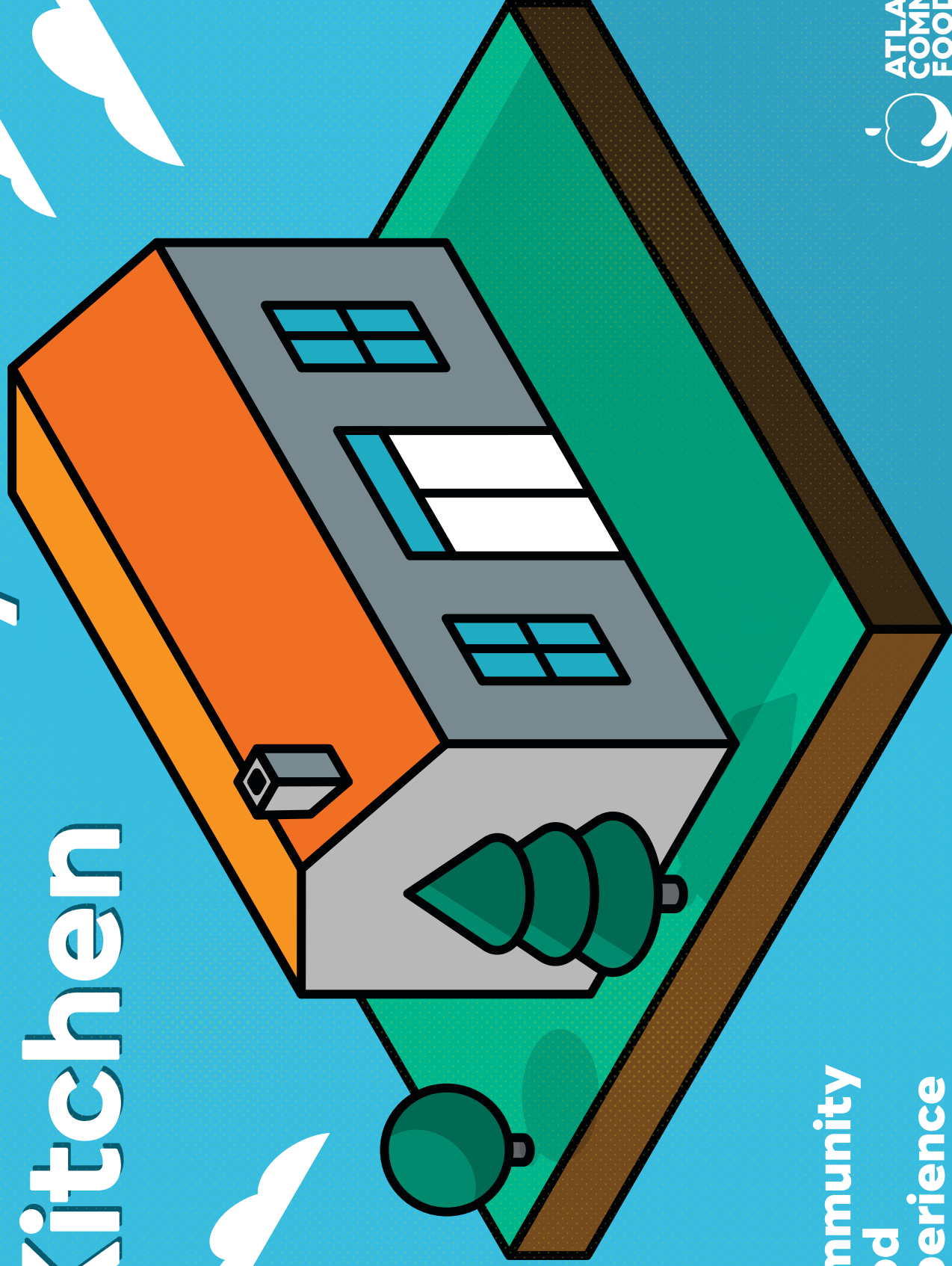
Home



THE
**Community
Food
Experience**



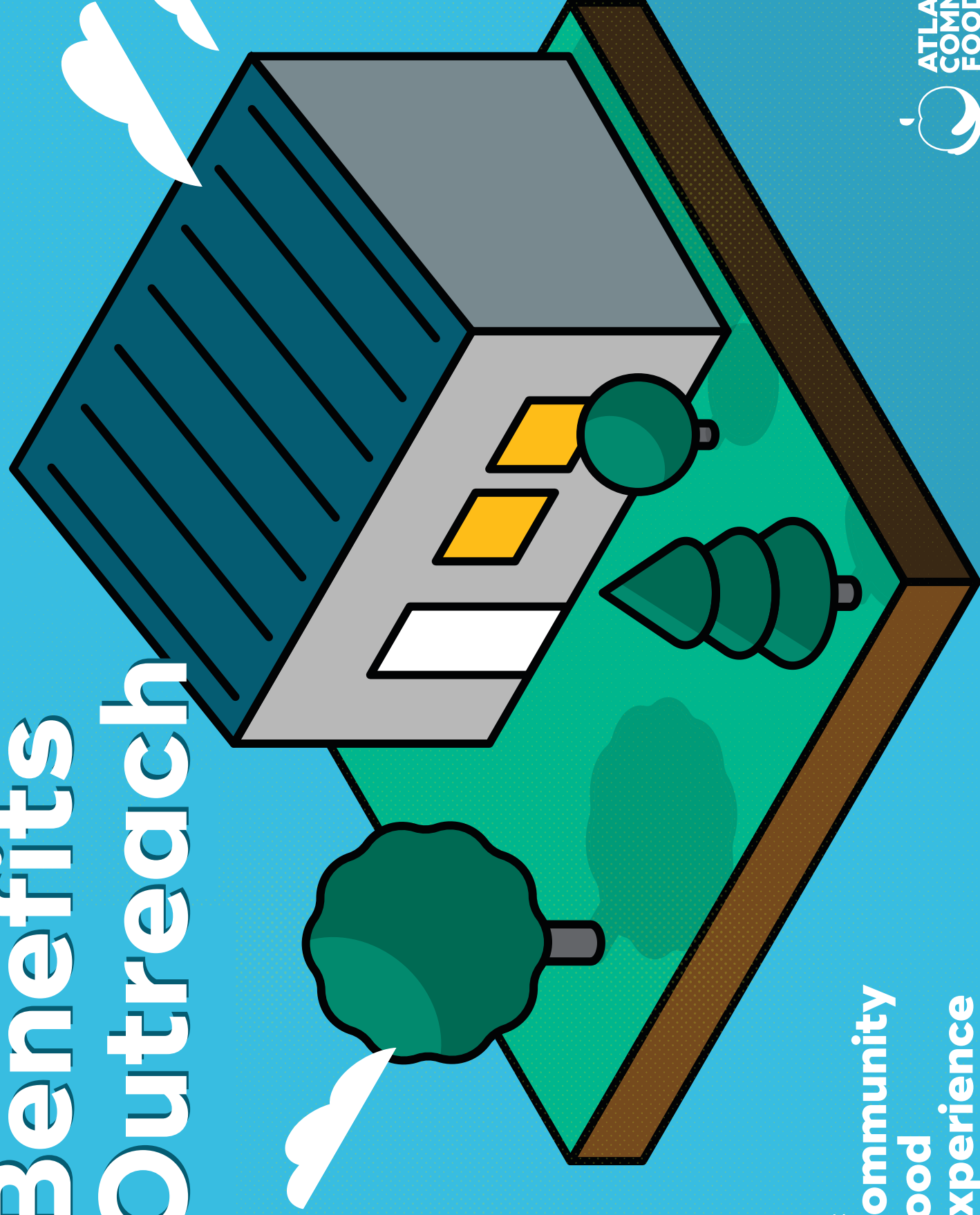
Community Kitchen



THE
**Community
Food
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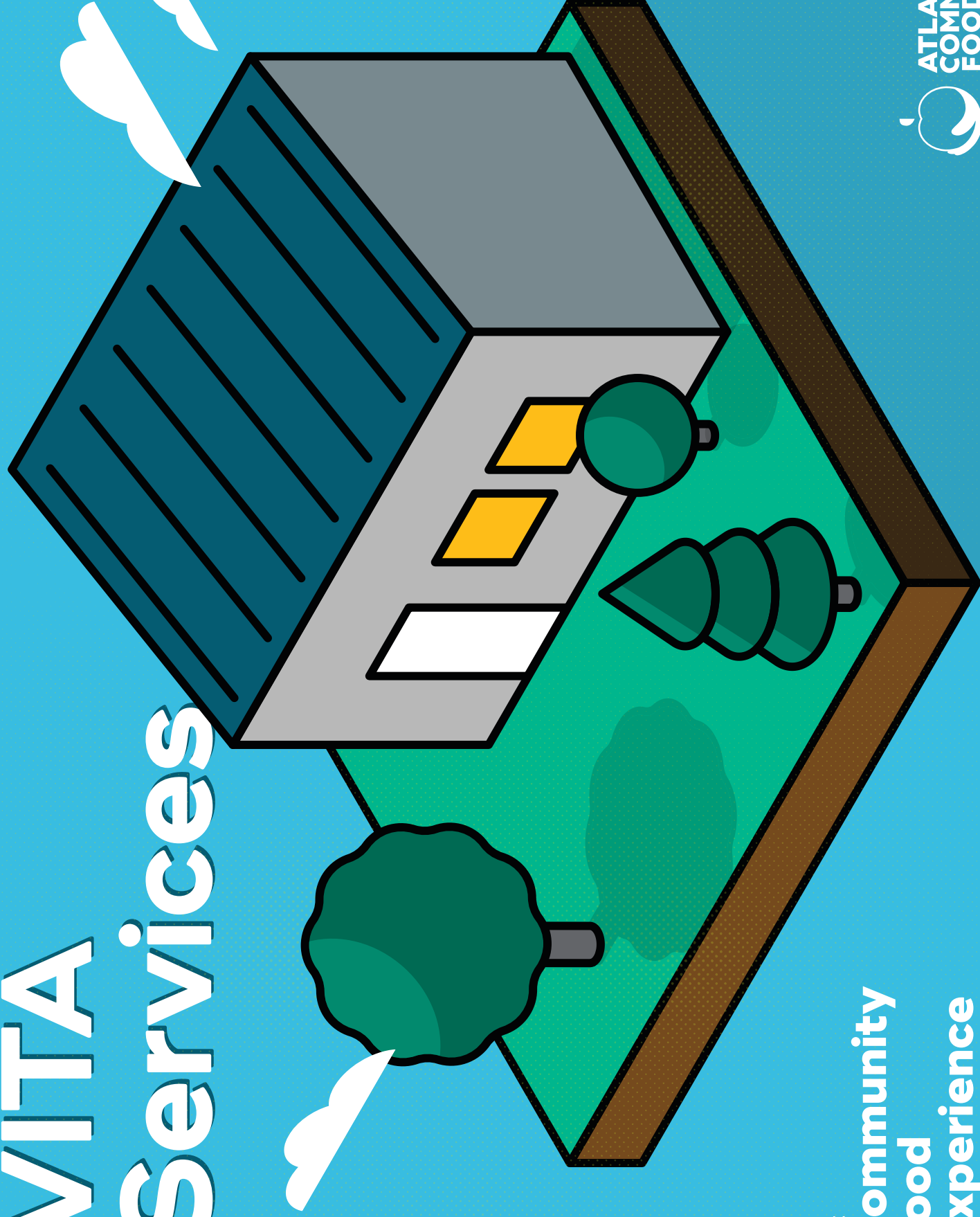


Benefits Outreach



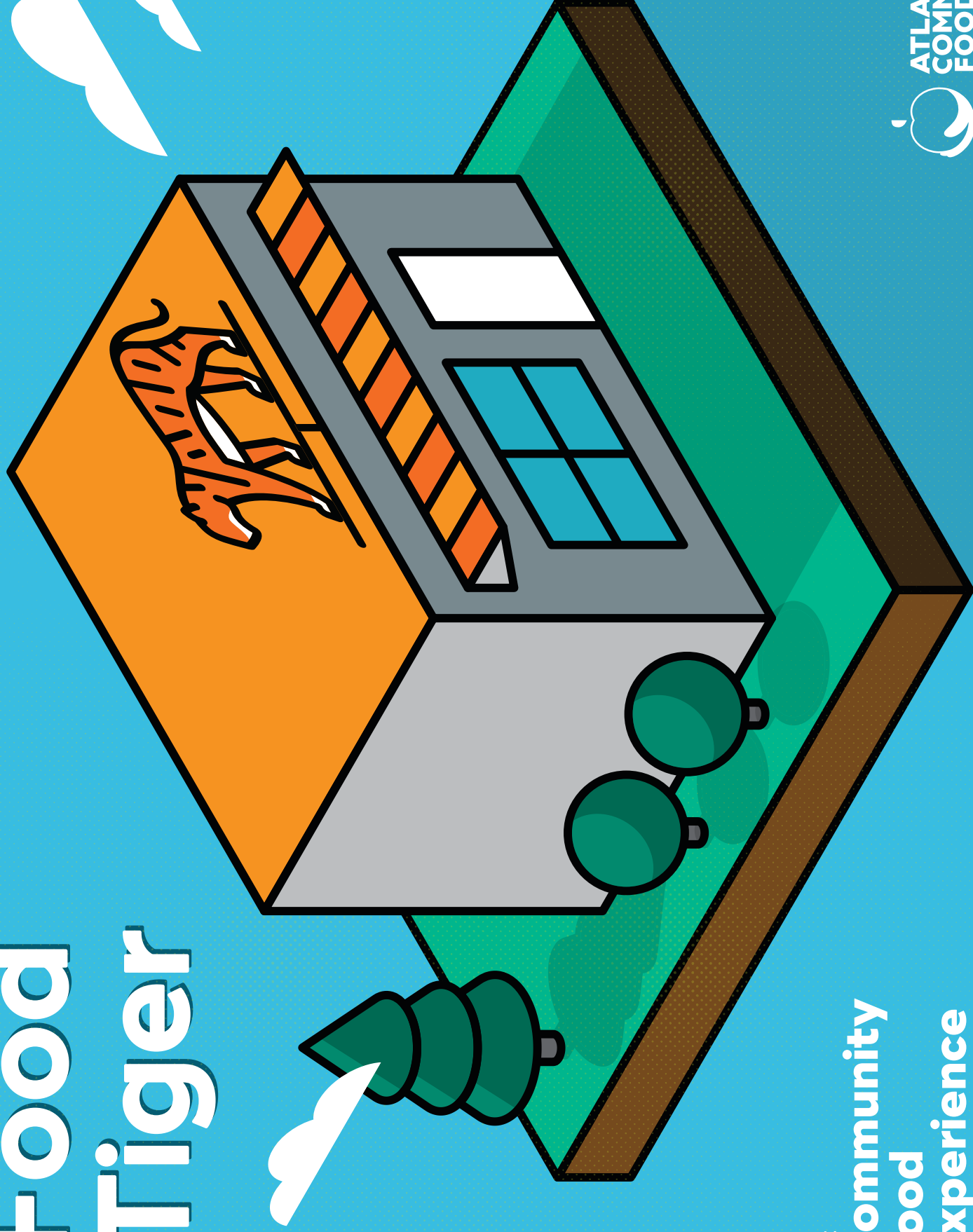
THE
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VITA Services



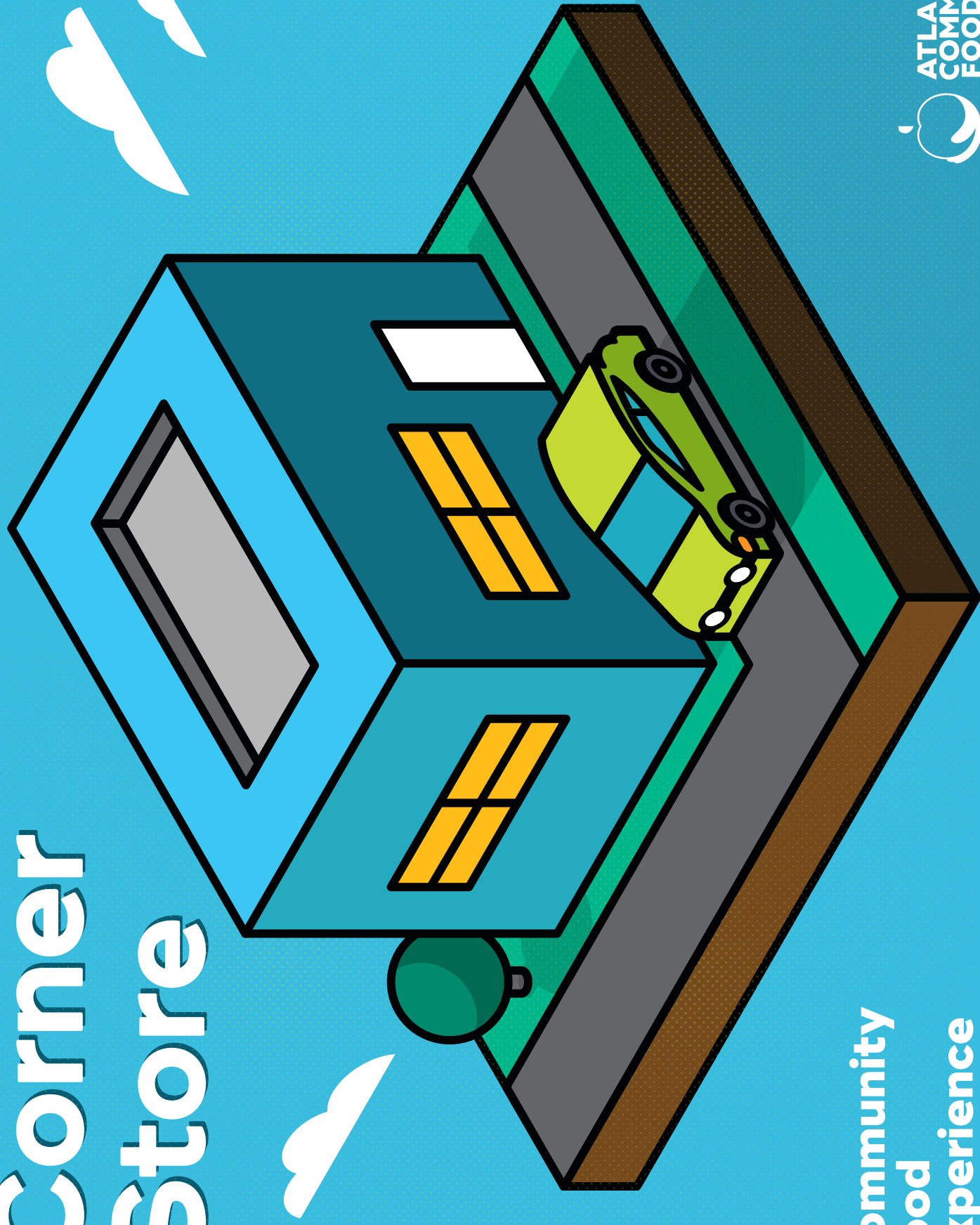
THE
**Community
Food
Experience**

Food Tiger



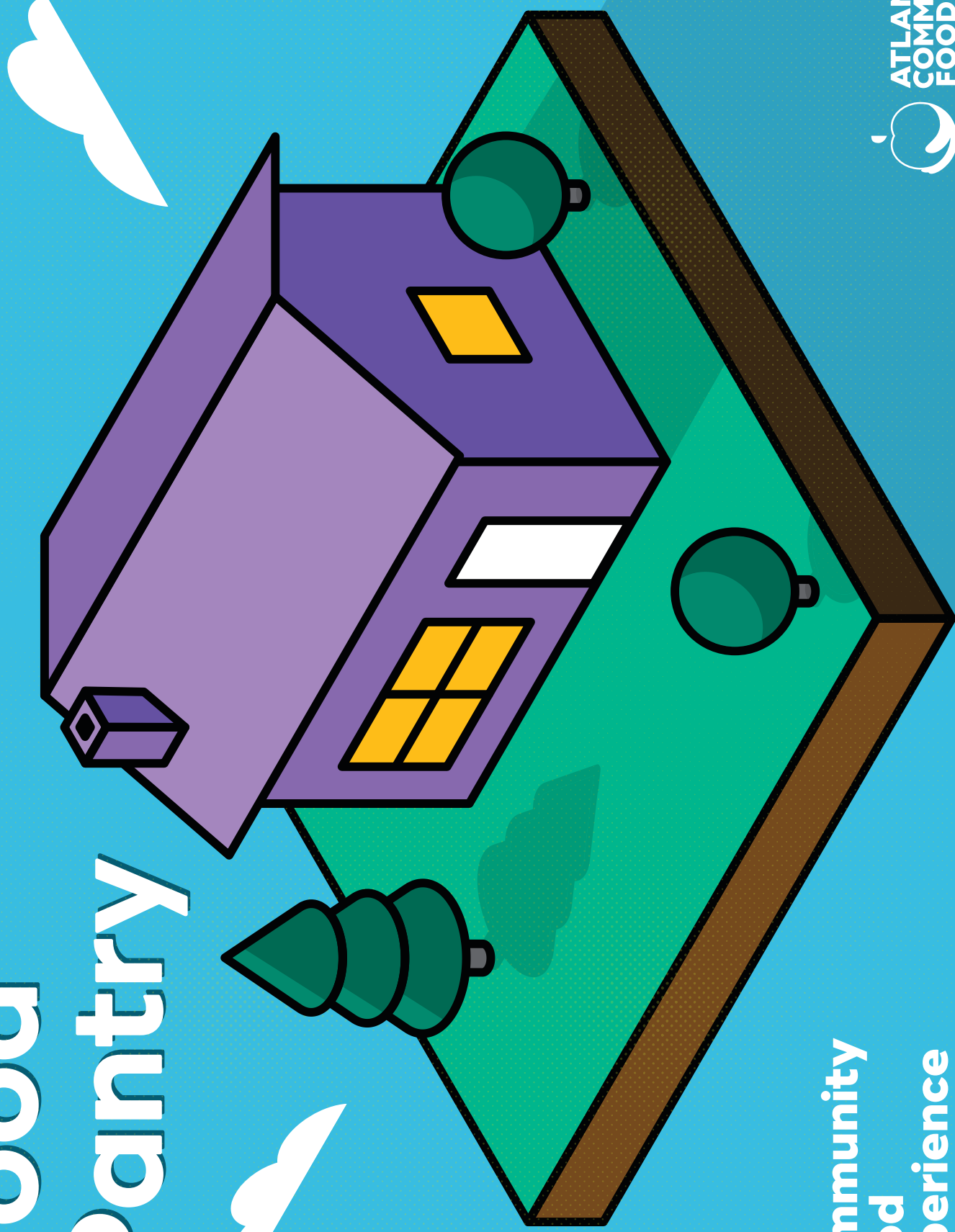
THE
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Corner Store



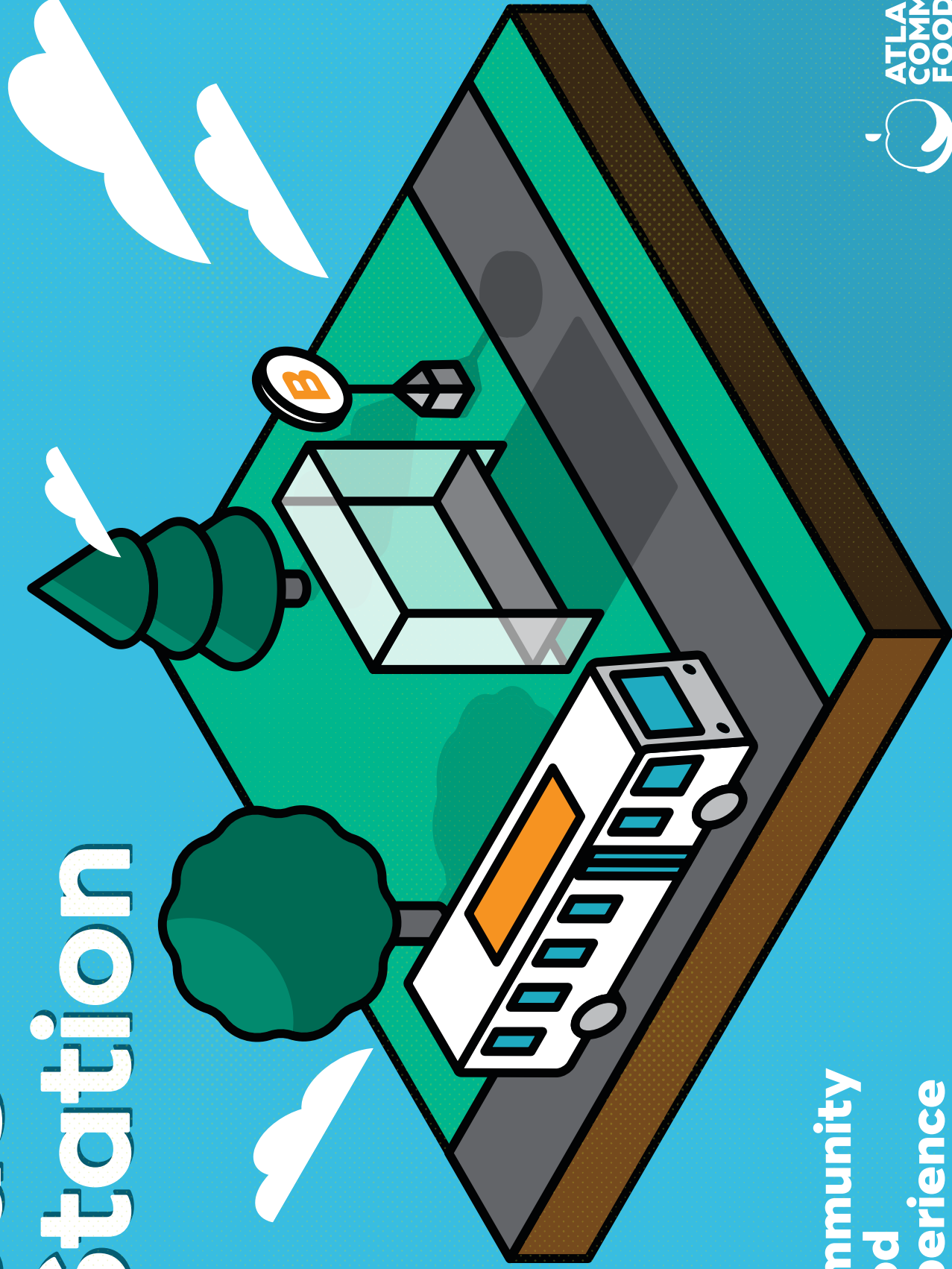
THE
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Food Pantry



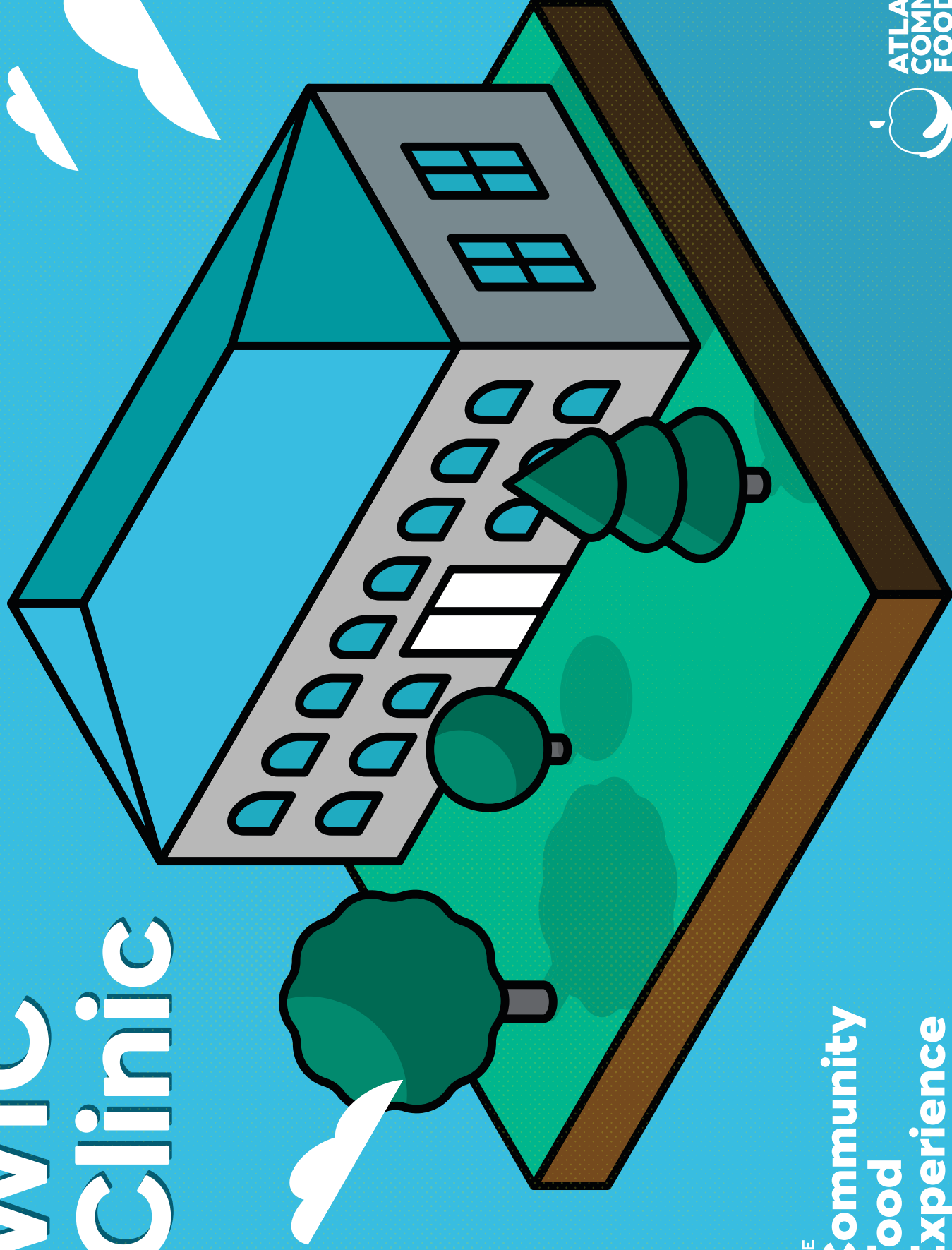
THE
**Community
Food
Experience**

Bus Station



THE
**Community
Food
Experience**

WIC Clinic



THE
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Food
Experience**



SNAP Office



THE
**Community
Food
Experience**



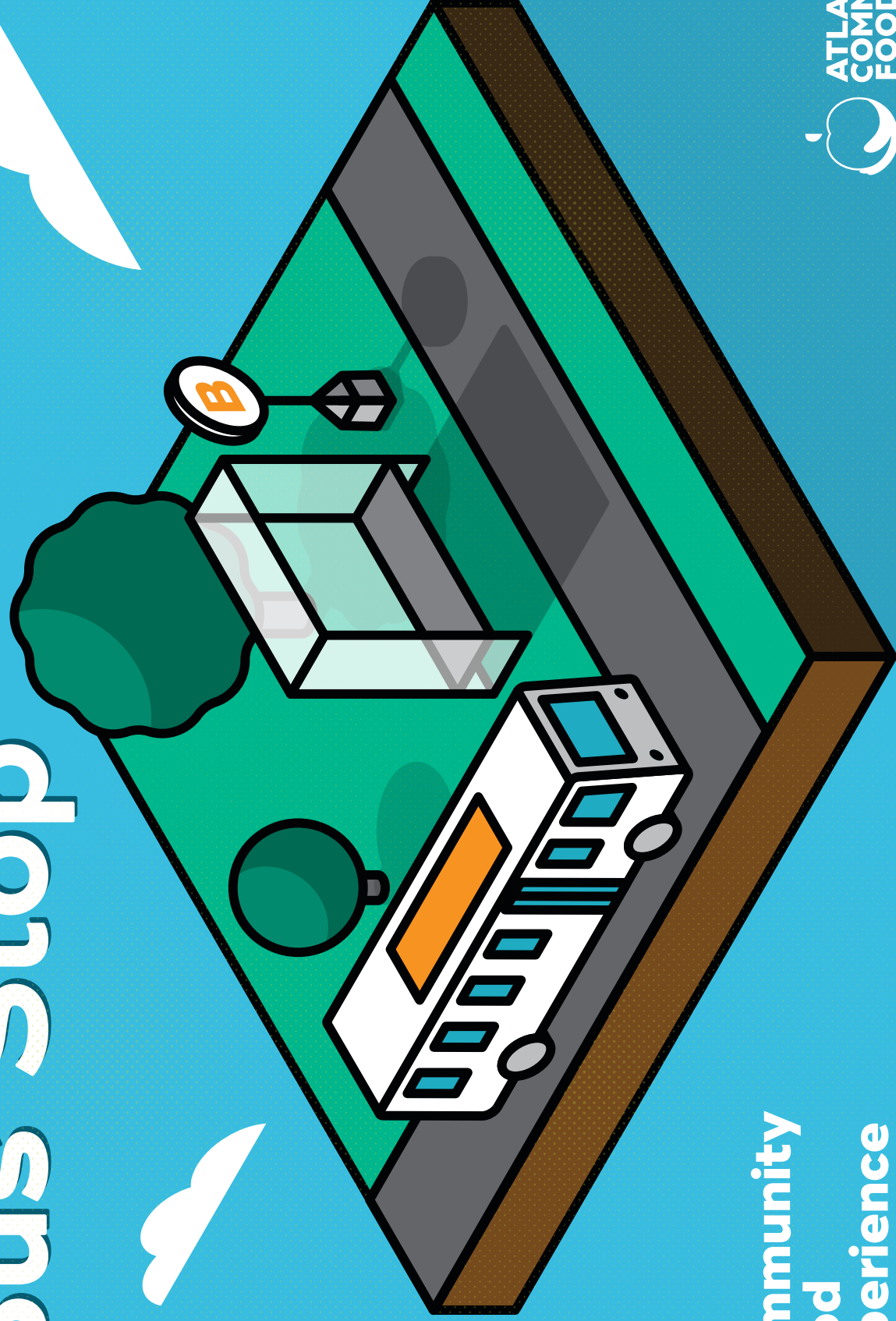
Food Tiger Bus Stop



THE
**Community
Food
Experience**



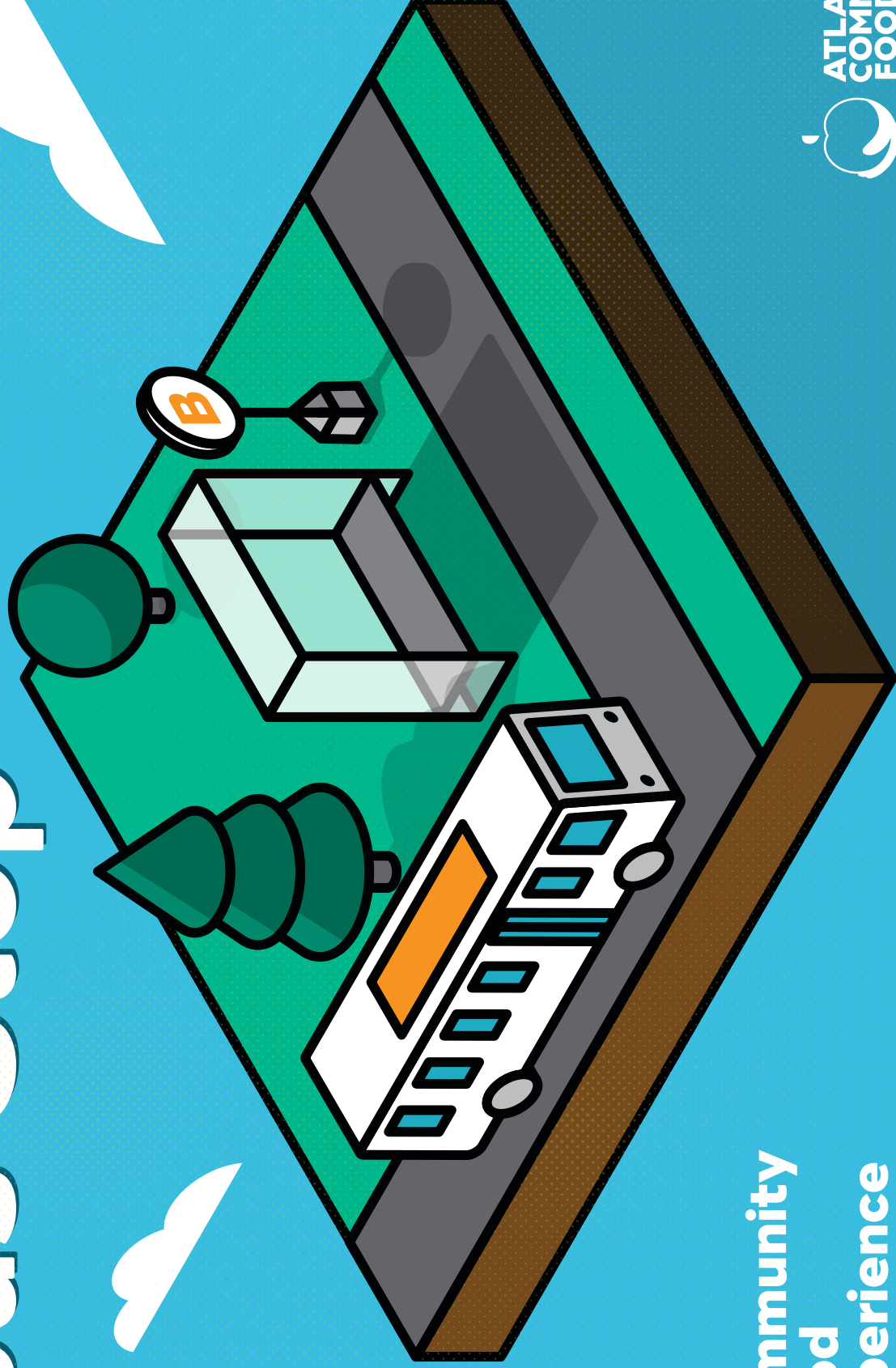
VITA / SNAP Bus Stop



THE
**Community
Food
Experience**



WIC / Food Pantry Bus Stop



THE
**Community
Food
Experience**



Food Cards



Food card icon credit- *Designed by Freepik from www.flaticon.com*



FRIED CHICKEN

Food Tiger
\$1.62

Calories	259
Total Fat	15g
Saturated Fat	4g
Cholesterol	86mg
Sodium	265mg
Total Carbohydrate	8g
Fiber	0.5g
Sugars	0g
Protein	21g

3 PROTEIN, 5 FAT



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FRESH

SALMON

Food Tiger
\$3.75

Calories	155
Total Fat	7g
Saturated Fat	1g
Cholesterol	60mg
Sodium	48mg
Total Carbohydrate	0g
Fiber	0g
Sugars	0g
Protein	22g

3 PROTEIN, 1 FAT



FRESH

SALMON

Food Tiger
\$3.75

Calories	155
Total Fat	7g
Saturated Fat	1g
Cholesterol	60mg
Sodium	48mg
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Protein	22g

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MAC & CHEESE

Food Tiger
\$0.35

Calories	204
Total Fat	9g
Saturated Fat	3.5g
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	24g
Fiber	1.5g
Sugars	2g
Protein	8g

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



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BANANA

Calories	105
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
Sugars	14g
Protein	1g



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2 FRUIT



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WIC



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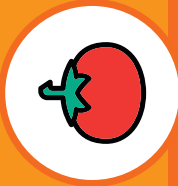


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WIC



FRESH

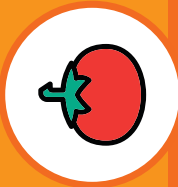
TOMATO

Food Tiger
\$0.99

Calories	22
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	5g
Fiber	1.5g
Sugars	3g
Protein	1g

1 VEGETABLE

WIC



FRESH

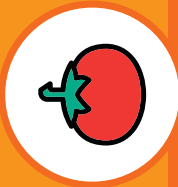
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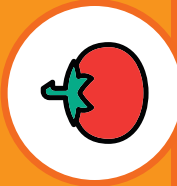
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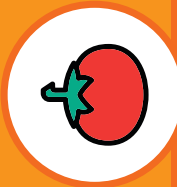
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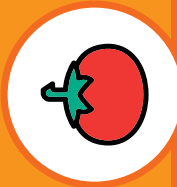
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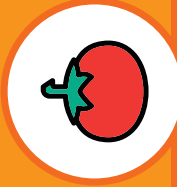
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Protein	1g

1 VEGETABLE



BOLOGNA

Food Tiger
\$0.13

Calories	88
Total Fat	8g
Saturated Fat	4g
Cholesterol	18mg
Sodium	330mg
Total Carbohydrate	1g
Fiber	0g
Sugars	0g
Protein	3g

1 FAT



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1 FAT



APPLE

Calories	95
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	25g
Fiber	4.5g
Sugars	19g
Protein	0g

WIC

APPLE

Calories	95
Total Fat	0.5g
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Total Carbohydrate	25g
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Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	25g
Fiber	4.5g
Sugars	19g
Protein	0g

2 FRUIT



CANDY BAR

Food Tiger
\$0.61

Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	4g

3 FAT



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Food Tiger
\$0.61

Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	4g

3 FAT



CANDY BAR

Food Tiger
\$0.61

Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	4g

3 FAT



CANDY BAR

Food Tiger
\$0.61

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Total Fat	14g
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Cholesterol	3mg
Sodium	161mg
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Fiber	2g
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Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	4g

3 FAT



GROUND BEEF

Food Tiger
\$1.06

Calories	196
Total Fat	10g
Saturated Fat	4g
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	0g
Fiber	0g
Sugars	0g
Protein	24g

3 PROTEIN, 2 FAT



GROUND BEEF

Food Tiger
\$1.06

Calories	196
Total Fat	10g
Saturated Fat	4g
Cholesterol	76mg
Sodium	74mg
Total Carbohydrate	0g
Fiber	0g
Sugars	0g
Protein	24g

3 PROTEIN, 2 FAT

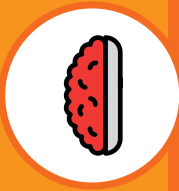


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Sodium	74mg
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Fiber	0g
Sugars	0g
Protein	24g

3 PROTEIN, 2 FAT



COOKIES

Food Tiger
\$0.15

Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	26g
Fiber	1g
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



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1 GRAIN, 1 FAT



SODA

Food Tiger
\$0.39

Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	4Og
Fiber	Og
Sugars	4Og
Protein	Og

1 EXTRA



SODA

Food Tiger
\$0.39

Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	4Og
Fiber	Og
Sugars	4Og
Protein	Og

1 EXTRA



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Food Tiger
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Protein	Og

1 EXTRA



JELLY

Food Tiger
\$0.15

Calories	56
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	14g
Fiber	Og
Sugars	10g
Protein	Og

1 EXTRA



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Calories	56
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Protein	Og

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WIC



PEANUT BUTTER

Food Tiger
\$0.25

Calories	190
Total Fat	16g
Saturated Fat	2.5g
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	6g
Fiber	2g
Sugars	3.5g
Protein	8g

1 PROTEIN, 3 FAT

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WIC



CEREAL

Food Tiger
\$0.25

Calories	155
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	197mg
Total Carbohydrate	37g
Fiber	1g
Sugars	15g
Protein	2g

2 GRAIN

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Calories	155
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Protein	2g

2 GRAIN



SAUSAGE

Food Tiger
\$0.66

Calories	286
Total Fat	23g
Saturated Fat	8g
Cholesterol	47mg
Sodium	1002mg
Total Carbohydrate	3.5g
Fiber	0g
Sugars	1g
Protein	16g

2 PROTEIN, 4 FAT



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Protein	16g

2 PROTEIN, 4 FAT



GGE


Calories	91
Total Fat	7g
Saturated Fat	2g
Cholesterol	169mg
Sodium	88mg
Total Carbohydrate	1g
Fiber	0g
Sugars	1g
Protein	6g



GGE

Calories	91
Total Fat	7g
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1 PROTEIN, 1 FAT



POTATO CHIPS

Food Tiger
\$0.17

Calories	154
Total Fat	10g
Saturated Fat	1g
Cholesterol	0mg
Sodium	128mg
Total Carbohydrate	14g
Fiber	1g
Sugars	0g
Protein	2g

2 FAT



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BROCCOLI

மாண்புமிகு

1 VEGETABLE



BROCCOLI

மாண்புமிகு

1 VEGETABLE

BROCCOLI

530

1 VEGETABLE



BROCCOLI

மாண்புமிகு

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BROCCOLI

530

1 VEGETABLE



BROCCOLI

மாண்புமிகு

1 VEGETABLE



BROCCOLI

500

1 VEGETABLE



BROCCOLI

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1 VEGETABLE

WIC



WHEAT BREAD

Food Tiger
\$0.20

Calories	78
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	151mg
Total Carbohydrate	14g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN

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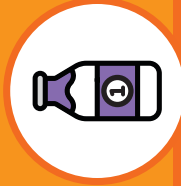
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1% MILK

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Total Carbohydrate	12g
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1 DAIRY, 1 PROTEIN, 1 FAT

WIC



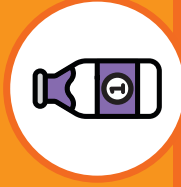
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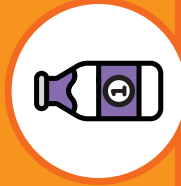
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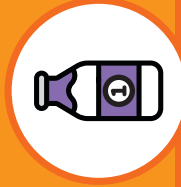
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Sodium	107mg
Total Carbohydrate	12g
Fiber	0g
Sugars	13g
Protein	8g

1 DAIRY, 1 PROTEIN, 1 FAT

WIC



1% MILK

Food Tiger
\$0.35

Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	0g
Sugars	13g
Protein	8g

1 DAIRY, 1 PROTEIN, 1 FAT

WIC



1% MILK

Food Tiger
\$0.35

Calories	102
Total Fat	2g
Saturated Fat	2g
Cholesterol	12mg
Sodium	107mg
Total Carbohydrate	12g
Fiber	0g
Sugars	13g
Protein	8g

1 DAIRY, 1 PROTEIN, 1 FAT

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

ICEBERG LETTUCE

Food Tiger
\$0.20

Calories	8
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	7mg
Total Carbohydrate	2g
Fiber	1g
Sugars	1g
Protein	1g

1 VEGETABLE

WIC



FRESH

GREEN BEANS

Food Tiger

\$0.54

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



FRESH

GREEN BEANS

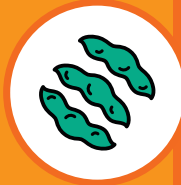
Food Tiger

\$0.54

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



FRESH

GREEN BEANS

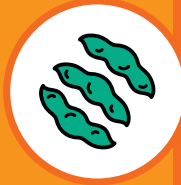
Food Tiger

\$0.54

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
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1 VEGETABLE

WIC



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Protein	2g

1 VEGETABLE

WIC



FRESH

GREEN BEANS

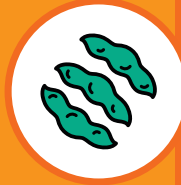
Food Tiger

\$0.54

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
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WIC



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Cholesterol	Omg
Sodium	6mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



CANNED

GREEN BEANS

Food Tiger
\$0.16

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



CANNED

GREEN BEANS

Food Tiger
\$0.16

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



CANNED

GREEN BEANS

Food Tiger
\$0.16

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	3g
Sugars	3g
Protein	2g

1 VEGETABLE

WIC



CANNED

GREEN BEANS

Food Tiger
\$0.16

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	461mg
Total Carbohydrate	7g
Fiber	3g
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WIC



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\$0.16

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Sugars	3g
Protein	2g

1 VEGETABLE

WIC



FRESH

CARROTS

Food Tiger	
\$0.25	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	4g
Sugars	6g
Protein	1g
1 VEGETABLE	

WIC



FRESH

CARROTS

Food Tiger	
\$0.25	
Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
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Total Fat	Og
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Sodium	88mg
Total Carbohydrate	12g
Fiber	4g
Sugars	6g
Protein	1g
1 VEGETABLE	



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
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2 GRAIN



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Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN

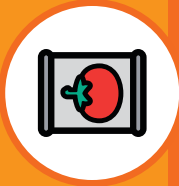


PASTA

Food Tiger
\$0.15

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	2.5g
Sugars	1g
Protein	8g

2 GRAIN



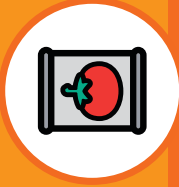
CANNED

TOMATO SAUCE

Food Tiger
\$0.40

Calories	90
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



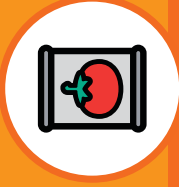
CANNED

TOMATO SAUCE

Food Tiger
\$0.40

Calories	90
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



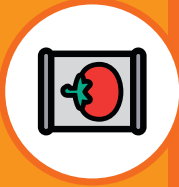
CANNED

TOMATO SAUCE

Food Tiger
\$0.40

Calories	90
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



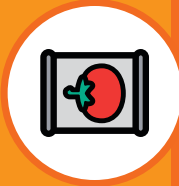
CANNED

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\$0.40

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Total Fat	3g
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1 VEGETABLE



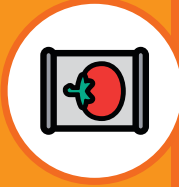
CANNED

TOMATO SAUCE

Food Tiger
\$0.40

Calories	90
Total Fat	3g
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Fiber	4g
Sugars	9g
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1 VEGETABLE



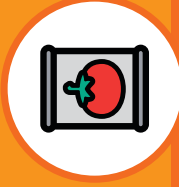
CANNED

TOMATO SAUCE

Food Tiger
\$0.40

Calories	90
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	13g
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Sugars	9g
Protein	2g

1 VEGETABLE



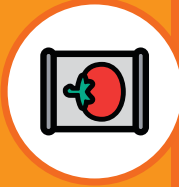
CANNED

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Calories	90
Total Fat	3g
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Cholesterol	0mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE

CANNED

MARINARA SAUCE



Food Tiger
\$0.41

Calories	120
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	940mg
Total Carbohydrate	22g
Fiber	4g
Sugars	7g
Protein	2g

1 VEGETABLE

CANNED

MARINARA SAUCE



Food Tiger
\$0.41

Calories	120
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	940mg
Total Carbohydrate	22g
Fiber	4g
Sugars	7g
Protein	2g

1 VEGETABLE

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\$0.41

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Sodium	940mg
Total Carbohydrate	22g
Fiber	4g
Sugars	7g
Protein	2g

1 VEGETABLE



WHITE BREAD

Food Tiger
\$0.07

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Food Tiger
\$0.07

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Food Tiger
\$0.07

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Food Tiger
\$0.07

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Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
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1 GRAIN



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Food Tiger
\$0.07

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
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Protein	3g

1 GRAIN



WHITE BREAD

Food Tiger
\$0.07

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Food Tiger
\$0.07

Calories	80
Total Fat	1g
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Total Carbohydrate	15g
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Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN

WIC



DRIED

BLACK BEANS

Food Tiger

\$0.12

Calories	164
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	1g
Protein	11g

1 PROTEIN, 1 VEGETABLE

WIC



DRIED

BLACK BEANS

Food Tiger

\$0.12

Calories	164
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	691mg
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1 PROTEIN, 1 VEGETABLE

WIC



DRIED

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1 PROTEIN, 1 VEGETABLE

WIC

CANNED

BLACK BEANS

Food Tiger
\$0.45

Calories	164
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.5g
Protein	11g

1 PROTEIN, 1 VEGETABLE

WIC

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Food Tiger
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Protein	11g

1 PROTEIN, 1 VEGETABLE

WIC

CANNED

BLACK BEANS

Food Tiger
\$0.45

Calories	164
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.5g
Protein	11g

1 PROTEIN, 1 VEGETABLE

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1 PROTEIN, 1 VEGETABLE

WIC



CHEDDAR CHEESE

Food Tiger
\$0.55

Calories	171
Total Fat	14g
Saturated Fat	9g
Cholesterol	45mg
Sodium	264mg
Total Carbohydrate	1g
Fiber	Og
Sugars	Og
Protein	10.5g

1 DAIRY, 1 PROTEIN, 3 FAT

WIC



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1 DAIRY, 1 PROTEIN, 3 FAT

WIC



100% JUICE

Food Tiger
\$0.29

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	0.5g
Sugars	24g
Protein	0g

1 FRUIT

WIC



100% JUICE

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WIC



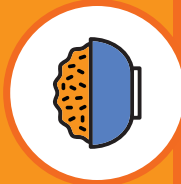
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1 FRUIT

WIC



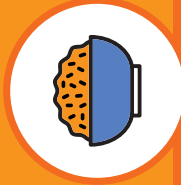
BROWN RICE

Food Tiger
\$0.29

Calories	218
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	46g
Fiber	3.5g
Sugars	0g
Protein	4.5g

3 GRAIN

WIC



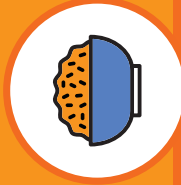
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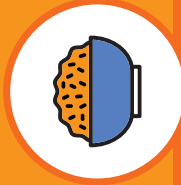
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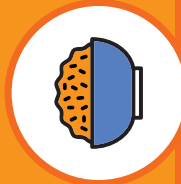
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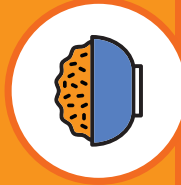
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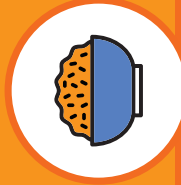
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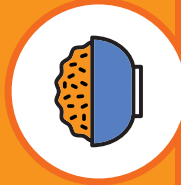
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3 GRAIN



FROZEN PIZZA

Food Tiger
\$0.93

Calories	533
Total Fat	24g
Saturated Fat	8.5g
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	4g
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



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4 GRAIN, 5 FAT, 3 PROTEIN



BLACK COFFEE

Food Tiger
\$0.21

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Food Tiger
\$0.21

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
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1 EXTRA

WIC



CANNED

TUNA

Food Tiger

\$0.56

Calories	158
Total Fat	7g
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
Total Carbohydrate	0g
Fiber	0g
Sugars	0g
Protein	23g

3 PROTEIN

WIC



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FRESH

COLLARD GREENS

Food Tiger
\$0.45

Calories	40
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	7g
Fiber	2g
Sugars	3g
Protein	2g

1 VEGETABLE

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WIC



CANNED

BLACK EYED PEAS

Food Tiger
\$0.32

Calories	70
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	125mg
Total Carbohydrate	13g
Fiber	4g
Sugars	2g
Protein	5g

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1 VEGETABLE

WIC



WHOLE MILK

Food Tiger
\$0.35

Calories	150
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	0g
Sugars	11g
Protein	8g

1 DAIRY

WIC



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Food Tiger
\$0.35

Calories	150
Total Fat	8g
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Calories	150
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	0g
Sugars	11g
Protein	8g

1 DAIRY

WIC



WHOLE MILK

Food Tiger
\$0.35

Calories	150
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	0g
Sugars	11g
Protein	8g

1 DAIRY

WIC



WHOLE MILK

Food Tiger
\$0.35

Calories	150
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	0g
Sugars	11g
Protein	8g

1 DAIRY

WIC



WHOLE MILK

Food Tiger
\$0.35

Calories	150
Total Fat	8g
Saturated Fat	5g
Cholesterol	35mg
Sodium	120mg
Total Carbohydrate	12g
Fiber	0g
Sugars	11g
Protein	8g

1 DAIRY

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



OATMEAL

Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



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Food Tiger
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Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

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WIC



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Food Tiger
\$0.17

Calories	150
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
Fiber	4g
Sugars	1g
Protein	5g

2 GRAIN

WIC



LOW FAT CHEESE

Food Tiger
\$0.55

Calories	90
Total Fat	6g
Saturated Fat	4g
Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
Fiber	0g
Sugars	0g
Protein	7g

1 DAIRY

WIC



LOW FAT CHEESE

Food Tiger
\$0.55

Calories	90
Total Fat	6g
Saturated Fat	4g
Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
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Cholesterol	20mg
Sodium	340mg
Total Carbohydrate	1g
Fiber	0g
Sugars	0g
Protein	7g

1 DAIRY

WIC



SOY MILK

Food Tiger
\$0.54

Calories	110
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	90mg
Total Carbohydrate	9g
Fiber	2g
Sugars	6g
Protein	8g

1 DAIRY

WIC



SOY MILK

Food Tiger
\$0.54

Calories	110
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	90mg
Total Carbohydrate	9g
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Protein	8g

1 DAIRY

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Sodium	90mg
Total Carbohydrate	9g
Fiber	2g
Sugars	6g
Protein	8g

1 DAIRY

WIC



CANNED

CHICKPEAS

Food Tiger
\$0.24

Calories	133
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.5g
Protein	7g

1 PROTEIN, 1 VEGETABLE

WIC



CANNED

CHICKPEAS

Food Tiger
\$0.24

Calories	133
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	202mg
Total Carbohydrate	20g
Fiber	5g
Sugars	0.5g
Protein	7g

1 PROTEIN, 1 VEGETABLE

WIC



CANNED

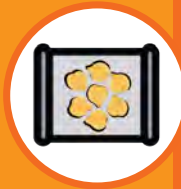
CHICKPEAS

Food Tiger
\$0.24

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Total Fat	3g
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1 PROTEIN, 1 VEGETABLE

WIC



CANNED

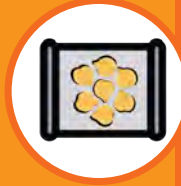
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Sugars	0.5g
Protein	7g

1 PROTEIN, 1 VEGETABLE

WIC



FRESH

APPLE SAUCE

Food Tiger

\$0.29

Calories	68
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	17g
Fiber	1.5g
Sugars	15g
Protein	Og

2 FRUIT

WIC



FRESH

APPLE SAUCE

Food Tiger

\$0.29

Calories	68
Total Fat	0.5g
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	17g
Fiber	1.5g
Sugars	15g
Protein	Og

2 FRUIT

WIC



FRESH

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Protein	Og

2 FRUIT

WIC



FRESH

CAULIFLOWER

Food Tiger

\$0.25

Calories	23
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	3Omg
Total Carbohydrate	4g
Fiber	2.5g
Sugars	1.5g
Protein	1.5g

1 VEGETABLE

WIC



FRESH

CAULIFLOWER

Food Tiger

\$0.25

Calories	23
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	3Omg
Total Carbohydrate	4g
Fiber	2.5g
Sugars	1.5g
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Sugars	1.5g
Protein	1.5g

1 VEGETABLE



RICE MILK

Food Tiger
\$0.45

Calories	112
Total Fat	Og
Saturated Fat	Og
Cholesterol	12mg
Sodium	90mg
Total Carbohydrate	22g
Fiber	Og
Sugars	13g
Protein	1g

1 DAIRY, 1 PROTEIN, 1 FAT

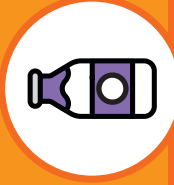


RICE MILK

Food Tiger
\$0.45

Calories	112
Total Fat	Og
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Cholesterol	12mg
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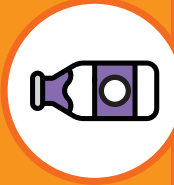


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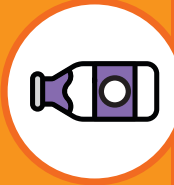


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Sugars	13g
Protein	1g

1 DAIRY, 1 PROTEIN, 1 FAT

WIC



FRESH

CABBAGE

Food Tiger
\$0.18

Calories	28
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	17mg
Total Carbohydrate	6g
Fiber	Og
Sugars	Og
Protein	1g

1 VEGETABLE

WIC



FRESH

CABBAGE

Food Tiger
\$0.18

Calories	28
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	17mg
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WIC



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1 VEGETABLE

WIC



FRESH

SWEET POTATO

Food Tiger

\$0.19

Calories	79
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	4Omg
Total Carbohydrate	26g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE

WIC



FRESH

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Total Carbohydrate	26g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE

FRESH



CHICKEN THIGH

Food Tiger

\$0.34

Calories	126
Total Fat	7g
Saturated Fat	2g
Cholesterol	78mg
Sodium	52mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	16g

1 PROTEIN

FRESH



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Food Tiger

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Protein	16g

1 PROTEIN



FRESH

PORK TENDERLOIN

Food Tiger

\$0.93

Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g

1 PROTEIN



FRESH

PORK TENDERLOIN

Food Tiger

\$0.93

Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g

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FRESH

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Calories	106
Total Fat	3g
Saturated Fat	1g
Cholesterol	51mg
Sodium	34mg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	19g

1 PROTEIN



FRESH

PORK TENDERLOIN

Food Tiger

\$0.93

Calories	106
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1 PROTEIN



CANDY BAR

— Corner Store
\$1.29

Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	461g

3 FAT



CANDY BAR

— Corner Store
\$1.29

Calories	232
Total Fat	14g
Saturated Fat	5g
Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
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Protein	461g

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Cholesterol	3mg
Sodium	161mg
Total Carbohydrate	25g
Fiber	2g
Sugars	21g
Protein	461g

3 FAT



COOKIES

Corner Store
\$2.39

Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	14Omg
Total Carbohydrate	25.5g
Fiber	1g
Sugars	15g
Protein	2g

1 GRAIN, 1 FAT



COOKIES

Corner Store
\$2.39

Calories	167
Total Fat	7g
Saturated Fat	2g
Cholesterol	Omg
Sodium	14Omg
Total Carbohydrate	25.5g
Fiber	1g
Sugars	15g
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Protein	2g

1 GRAIN, 1 FAT




SODA

Corner Store

\$1.99

Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	4Og
Fiber	Og
Sugars	4Og
Protein	Og

1 EXTRA




SODA

Corner Store

\$1.99

Calories	152
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	15mg
Total Carbohydrate	4Og
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Sodium	15mg
Total Carbohydrate	4Og
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Sugars	4Og
Protein	Og

1 EXTRA



PEANUT BUTTER

Corner Store
\$0.34

Calories	190
Total Fat	16g
Saturated Fat	3g
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	6g
Fiber	2g
Sugars	3.5g
Protein	8g

1 PROTEIN, 3 FAT



PEANUT BUTTER

Corner Store
\$0.34

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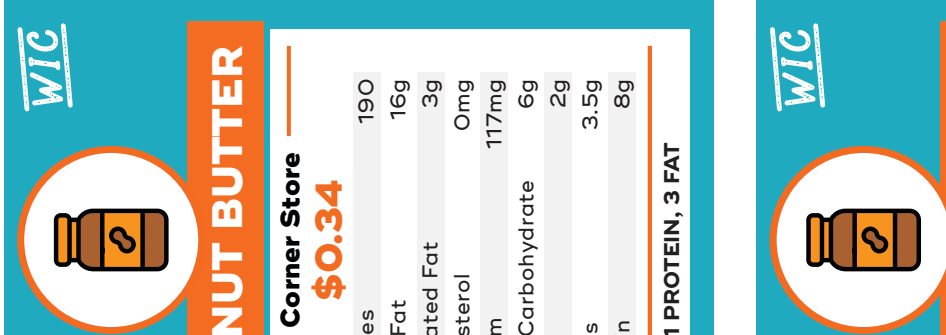


PEANUT BUTTER

Corner Store
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Total Fat	16g
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Sodium	117mg
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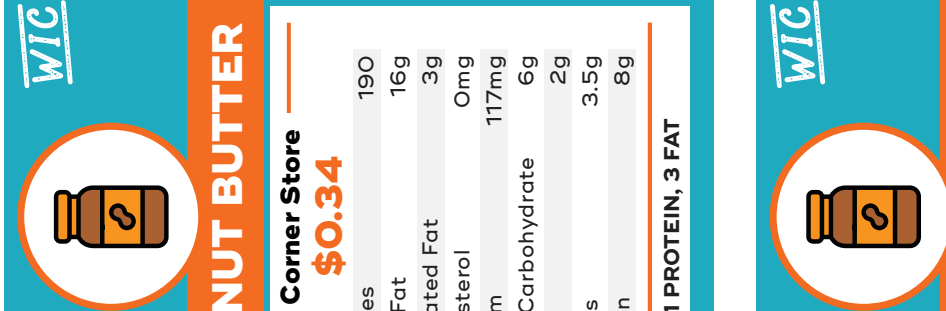


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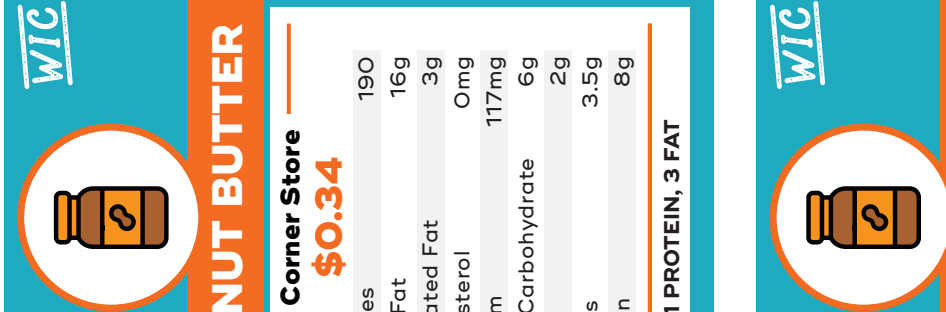


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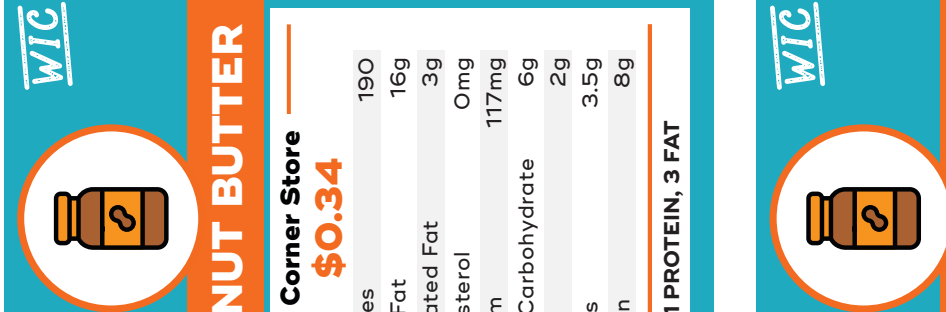


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Total Carbohydrate	6g
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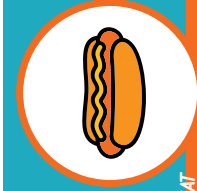


PEANUT BUTTER

Corner Store
\$0.34

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Total Fat	16g
Saturated Fat	3g
Cholesterol	Omg
Sodium	117mg
Total Carbohydrate	6g
Fiber	2g
Sugars	3.5g
Protein	8g

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READY-TO-EAT

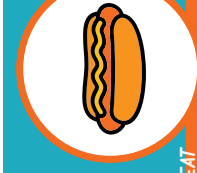
HOT DOG

Corner Store

\$1.59

Calories	185
Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
Total Carbohydrate	2g
Fiber	0g
Sugars	1g
Protein	6g

1 PROTEIN, 3 FAT



READY-TO-EAT

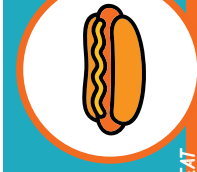
HOT DOG

Corner Store

\$1.59

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Total Fat	17g
Saturated Fat	7g
Cholesterol	34mg
Sodium	584mg
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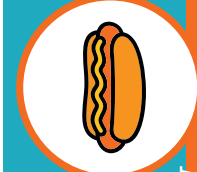
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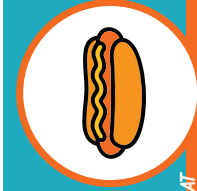
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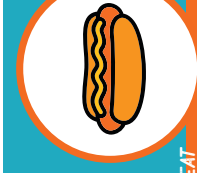
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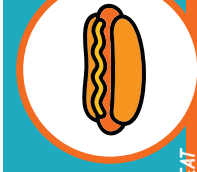
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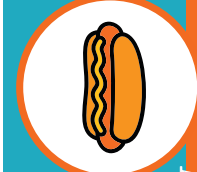
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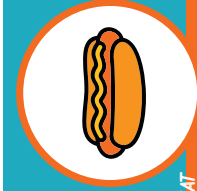
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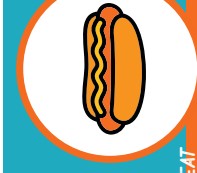
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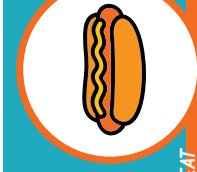
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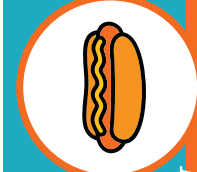
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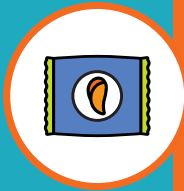
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1 PROTEIN, 3 FAT



POTATO CHIPS

— Corner Store

\$1.25

Calories	154
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	128mg
Total Carbohydrate	14.5g
Fiber	1g
Sugars	0g
Protein	2g

2 FAT



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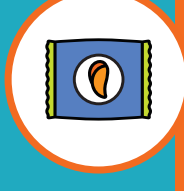
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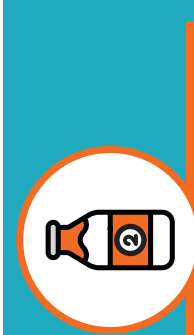
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2 FAT



2% MILK

Corner Store

\$1.25

Calories	122
Total Fat	5g
Saturated Fat	3g
Cholesterol	20mg
Sodium	115mg
Total Carbohydrate	12g
Fiber	0g
Sugars	12g
Protein	8g

1 DAIRY, 1 PROTEIN, 1 FAT



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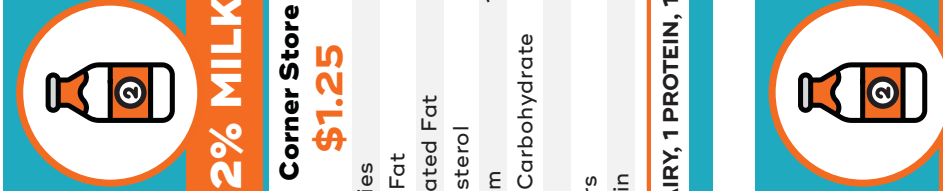
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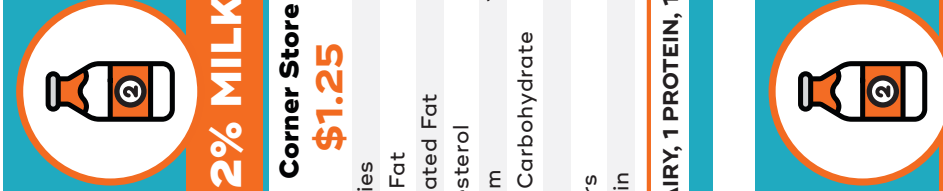
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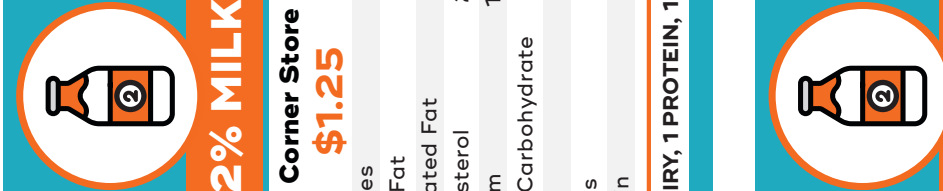
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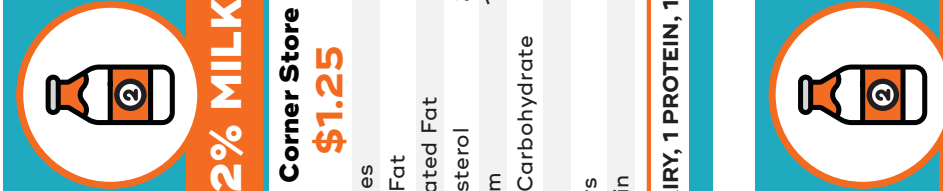
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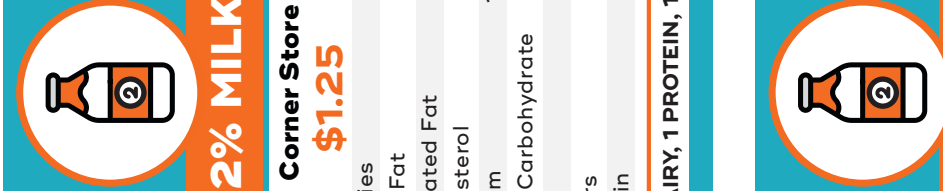
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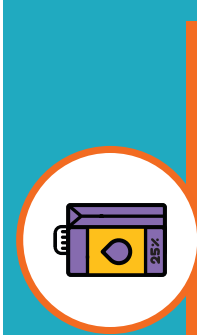
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Protein	8g

1 DAIRY, 1 PROTEIN, 1 FAT

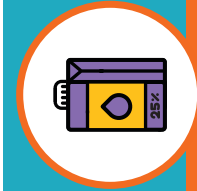


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

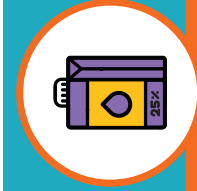


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

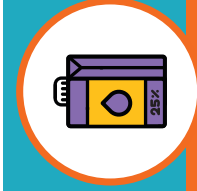


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

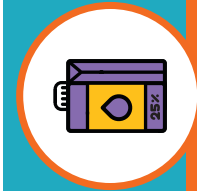


25% JUICE

— **Corner Store**
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Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

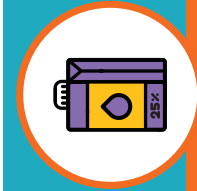


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

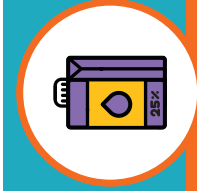


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

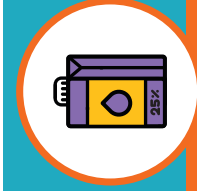


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

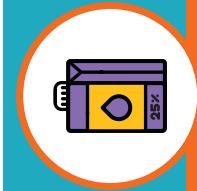


25% JUICE

— **Corner Store**
\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

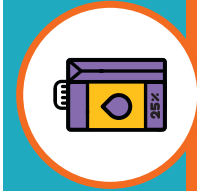


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Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

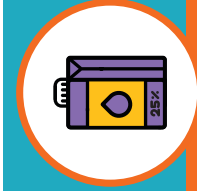


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Saturated Fat	1g
Cholesterol	0mg
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Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

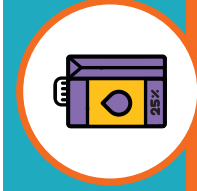


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Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT

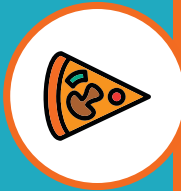


25% JUICE

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\$0.80

Calories	114
Total Fat	0.5g
Saturated Fat	1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	28g
Fiber	1g
Sugars	24g
Protein	0g

1 FRUIT



FROZEN PIZZA

Corner Store

\$2.25

Calories	533
Total Fat	24g
Saturated Fat	8.5g
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
Fiber	4g
Sugars	7g
Protein	21g

4 GRAIN, 5 FAT, 3 PROTEIN



FROZEN PIZZA

Corner Store

\$2.25

Calories	533
Total Fat	24g
Saturated Fat	8.5g
Cholesterol	28mg
Sodium	890mg
Total Carbohydrate	58g
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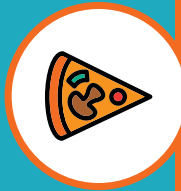
FROZEN PIZZA

Corner Store

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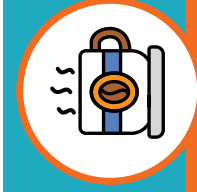
BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



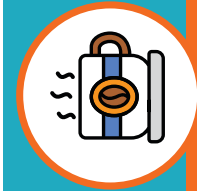
BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



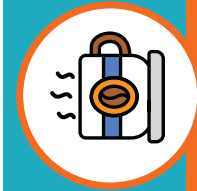
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Calories	O
Total Fat	Og
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Corner Store

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Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



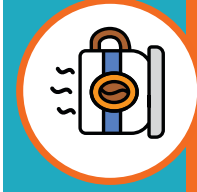
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Calories	O
Total Fat	Og
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BLACK COFFEE

Corner Store

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Calories	O
Total Fat	Og
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Calories	O
Total Fat	Og
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Sugars	Og
Protein	Og

1 EXTRA



BLACK COFFEE

Corner Store

\$0.75

Calories	O
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	Omg
Total Carbohydrate	Og
Fiber	Og
Sugars	Og
Protein	Og

1 EXTRA



WHITE BREAD

Corner Store

\$0.25

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Corner Store

\$0.25

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
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Protein	3g

1 GRAIN



WHITE BREAD

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Protein	3g

1 GRAIN



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Protein	3g

1 GRAIN



WHITE BREAD

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\$0.25

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Total Fat	1g
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Cholesterol	0mg
Sodium	147mg
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Protein	3g

1 GRAIN



WHITE BREAD

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\$0.25

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Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

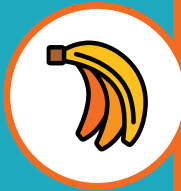
Corner Store

\$0.25

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN

WIC



BANANA

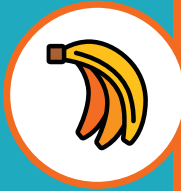
Corner Store

\$1.10

Calories	105
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
Sugars	14g
Protein	1g

2 FRUIT

WIC



BANANA

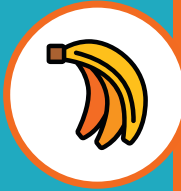
Corner Store

\$1.10

Calories	105
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
Sugars	14g
Protein	1g

2 FRUIT

WIC



BANANA

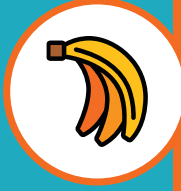
Corner Store

\$1.10

Calories	105
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
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Protein	1g

2 FRUIT

WIC



BANANA

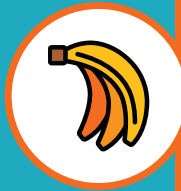
Corner Store

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Protein	1g

2 FRUIT

WIC



BANANA

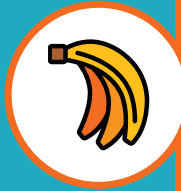
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2 FRUIT

WIC



BANANA

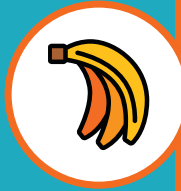
Corner Store

\$ 1.10

Calories	105
Total Fat	0.5g
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Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
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2 FRUIT

WIC



BANANA

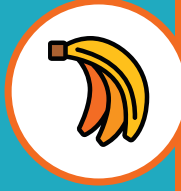
Corner Store

\$1.10

Calories	105
Total Fat	0.5g
Saturated Fat	0g
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WIC



BANANA

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\$1.10

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Sodium	1mg
Total Carbohydrate	27g
Fiber	3g
Sugars	14g
Protein	1g

2 FRUIT



READY-TO-EAT

BURRITO

Corner Store

\$3.25

Calories	379
Total Fat	11g
Saturated Fat	4g
Cholesterol	0mg
Sodium	1042mg
Total Carbohydrate	58g
Fiber	8g
Sugars	3g
Protein	14g

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



READY-TO-EAT

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Saturated Fat	4g
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Total Carbohydrate	58g
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Sugars	3g
Protein	14g

2 PROTEIN, 2 FAT, 4 GRAIN, 1 DAIRY



READY-TO-EAT


HAM SANDWICH

Corner Store

\$4.29

Calories	352
Total Fat	15g
Saturated Fat	6g
Cholesterol	1mg
Sodium	771mg
Total Carbohydrate	33g
Fiber	Og
Sugars	Og
Protein	21g

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



READY-TO-EAT


HAM SANDWICH

Corner Store

\$4.29

Calories	352
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3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



READY-TO-EAT


HAM SANDWICH

Corner Store

\$4.29

Calories	352
Total Fat	15g
Saturated Fat	6g
Cholesterol	1mg
Sodium	771mg
Total Carbohydrate	33g
Fiber	Og
Sugars	Og
Protein	21g

3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



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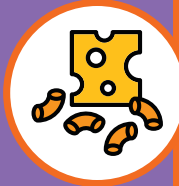
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3 PROTEIN, 3 FAT, 2 GRAIN, 1 DAIRY



MAC & CHEESE

Food Pantry
FREE

Calories	204
Total Fat	9g
Saturated Fat	4g
Cholesterol	14mg
Sodium	397mg
Total Carbohydrate	24g
Fiber	2g
Sugars	2g
Protein	8g

3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



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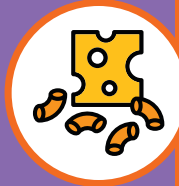


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3 GRAIN, 1 PROTEIN, 2 FAT, 1 DAIRY



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



PASTA

Food Pantry
FREE

Calories	221
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	43g
Fiber	3g
Sugars	1g
Protein	8g

2 GRAIN



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Total Carbohydrate	43g
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Sugars	1g
Protein	8g

2 GRAIN

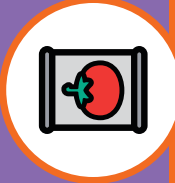


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2 GRAIN



CANNED

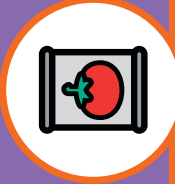
TOMATO SAUCE

Food Pantry

FREE

Calories	90
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0 mg
Sodium	470mg
Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



CANNED

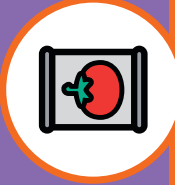
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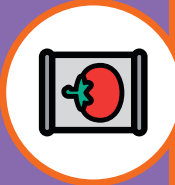
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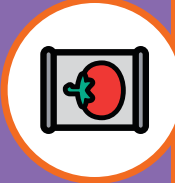
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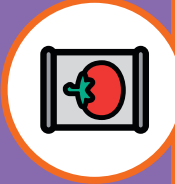
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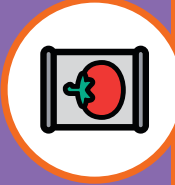
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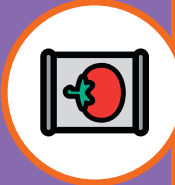
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Total Carbohydrate	13g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



WHITE BREAD

Food Pantry
FREE

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
Fiber	1g
Sugars	2g
Protein	3g

1 GRAIN



WHITE BREAD

Food Pantry
FREE

Calories	80
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	147mg
Total Carbohydrate	15g
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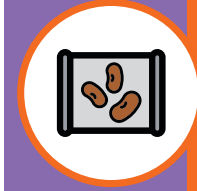
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1 GRAIN

WIC



CANNED

BLACK BEANS

Food Pantry
FREE

Calories	164
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	691mg
Total Carbohydrate	30g
Fiber	12g
Sugars	0.5g
Protein	11g

1 PROTEIN, 1 VEGETABLE

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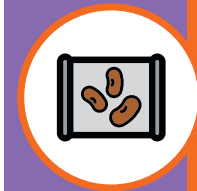
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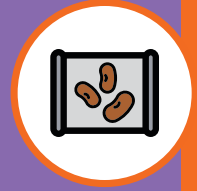
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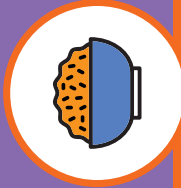
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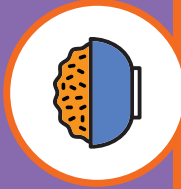
BROWN RICE

Food Pantry
FREE

Calories	218
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	46g
Fiber	4g
Sugars	0g
Protein	5g

3 GRAIN

WIC



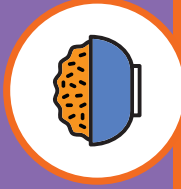
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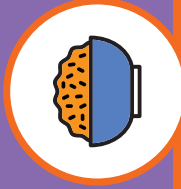
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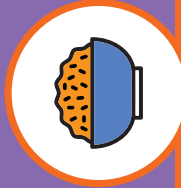
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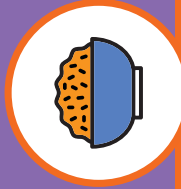
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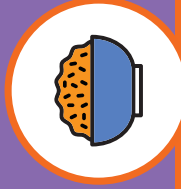
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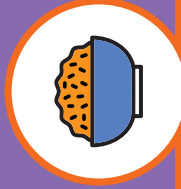
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3 GRAIN

CANNED



TUNA

Food Pantry

FREE

Calories	158
Total Fat	7g
Saturated Fat	1g
Cholesterol	26mg
Sodium	337mg
Total Carbohydrate	0g
Fiber	0g
Sugars	0g
Protein	23g

3 PROTEIN

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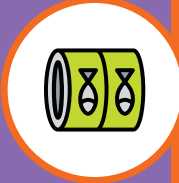
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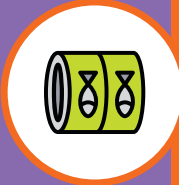
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Protein	23g

3 PROTEIN



FRESH

BROCCOLI

Food Pantry

FREE

Calories	31
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	30mg
Total Carbohydrate	6g
Fiber	2.5g
Sugars	1.5g
Protein	2.5g

1 VEGETABLE



FRESH

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Sugars	1.5g
Protein	2.5g

1 VEGETABLE



FRESH

CARROTS

Food Pantry
FREE

Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	4g
Sugars	6g
Protein	1g

1 VEGETABLE



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Sugars	6g
Protein	1g

1 VEGETABLE



FRESH

CARROTS

Food Pantry
FREE

Calories	52
Total Fat	Og
Saturated Fat	Og
Cholesterol	Omg
Sodium	88mg
Total Carbohydrate	12g
Fiber	4g
Sugars	6g
Protein	1g

1 VEGETABLE



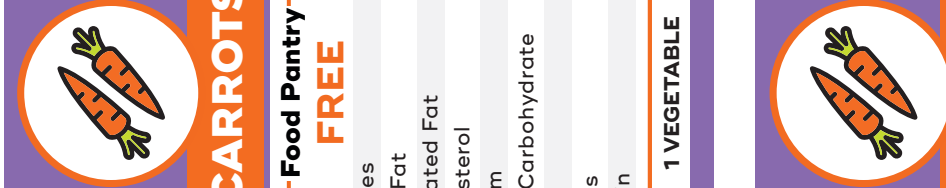
FRESH

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Calories	52
Total Fat	Og
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1 VEGETABLE



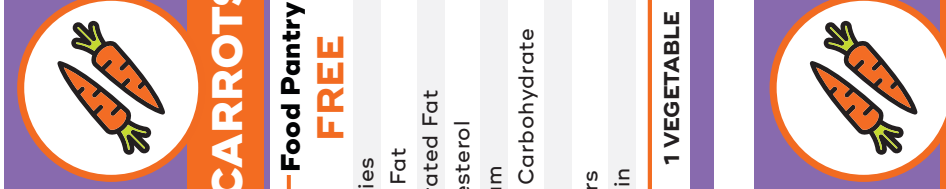
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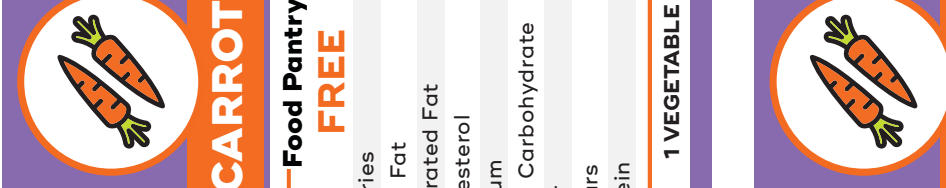
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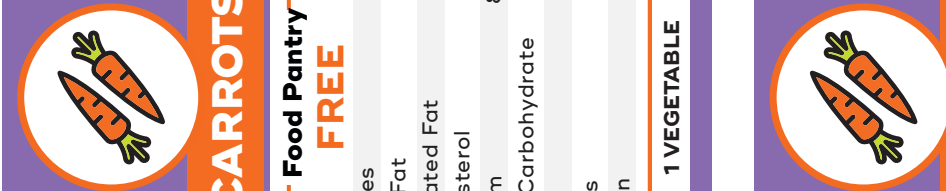
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1 VEGETABLE



FRESH

SWEET POTATO

Food Pantry

FREE

Calories	79
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	40mg
Total Carbohydrate	26g
Fiber	4g
Sugars	9g
Protein	2g

1 VEGETABLE



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1 VEGETABLE

MEAL TICKET

Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

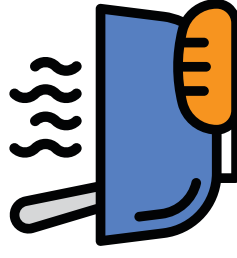
Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

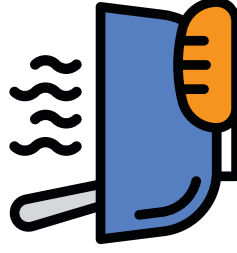
Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

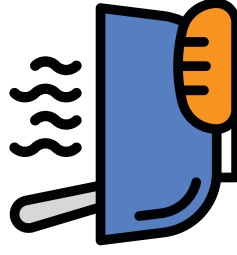
Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

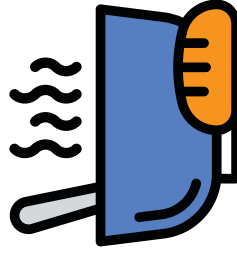
Community Kitchen



1 GRAIN, 1 VEGGIE

MEAL TICKET

Community Kitchen



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