



NUTRITION MONTH

GO FURTHER WITH FOOD

National Nutrition Month 2018

Achieve the numerous benefits healthy eating habits offers, but also find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.



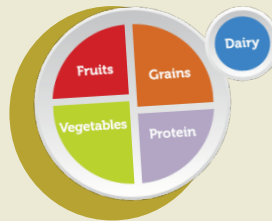
Only buy the amount that can be eaten or frozen within days and plan ways to use left overs throughout the week.



Consult with a registered dietitian nutritionist to learn benefits of healthy eating. RDN's can provide sound, easy-to-follow, personalized nutrition advice to meet your lifestyle, preferences, and health-related needs.



Include a variety of healthy foods from all food groups regularly.



Be mindful of portion sizes. Eat and drink the amount that's right for you.



Find activities that you enjoy and be physically active most days of the week.



Consider the foods you already have before heading to the store.



Continue to use good food safety practices.



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Made possible with funding from the Centers for Disease Control and prevention.

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Stockton, CA 95207



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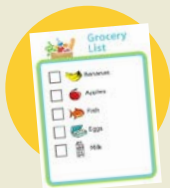
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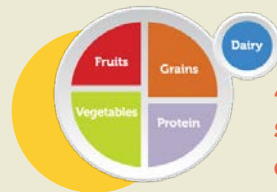
1. Include a variety of healthy foods from all food groups regularly.



2. Consider the foods you already have before heading to the store.



3. Only buy the amount that can be eaten or frozen within days and plan ways to use left overs throughout the week.



4. Be mindful of portion sizes. Eat and drink the amount that's right for you.



5. Continue to use good food safety practices.



6. Find activities that you enjoy and be physically active most days of the week.



7. Consult with a registered dietitian nutritionist to learn benefits of healthy eating. RDN's can provide sound, easy-to-follow, personalized nutrition advice to meet your lifestyle, preferences, and health-related needs.

“And God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat.” Genisis 1:29



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