



Lander Free
Medical Clinic
A VOLUNTEERS IN MEDICINE PARTNER

Healthy EATING



How can I improve my nutrition when I have a limited income?
It all begins with making good decisions when shopping. If you utilize the food bank and the SNAP program you can create many nourishing meals for the week.

The local food banks have a variety of food to share each week. The boxes could contain canned fruits and vegetables, dry grains and cereal, meat, bread, and snacks. You might also qualify for the SNAP program. These funds allow you to shop at the grocery store for fresh produce, meat, dairy, bread/cereal, and snacks. You can also purchase seeds and plants with SNAP. That means you could grow some of your food at home.

You have a great source of food combination tips and meal prep/recipe ideas with Cent\$ible Nutrition Program. You can take free nutrition classes and pick up recipes. The link for more information is https://fremontcountywy.org/government/departments/uw_extension_office/centsible_nutrition.php.

Good purchases: (items to be excited about when picking up your food bank box)

Eggs, beans, seeds, nuts, frozen or canned fruit and vegetables, whole grains, oats, canned tuna, nut butter, meat, and butter.

Not-so-good purchases: (items are not nutritious and you will be wasting your SNAP funds on junk food and still be hungry.)

Soda, sugary juices, box drinks, donuts, cereal, white bread, frozen dinners, fast food, ice cream, candy



Good food combination:

Vegetable soup
Grilled cheese sandwich
Small lettuce salad
Hot tea

Bad food combination:

Bologna sandwich on white bread
Chips
Dr. Pepper
Taco John's drive-thru

Good food combination:

Chicken breast
Green beans
Sweet potato
Water to drink