

## FOOD AS MEDICINE

# FOOD ACCESS

Access to healthy, nourishing food is essential for preventing long-term health conditions and supporting overall well-being. Food as Medicine uses simple, healthy eating approaches to promote health and reduce food insecurity. This toolkit is designed to connect every member of our community with the food-based resources they need to live healthier, fuller lives.

This section of the toolkit includes tips for eating healthy on a budget, smart shopping, and community food support (food pantries, food distributions, where to apply for Meals on Wheels, and more).



**Please click the sections below to learn more:**



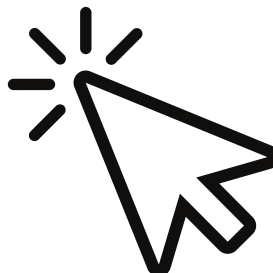
**Healthy Food on a Budget**



**Smart Shopping & Budgeting Resources**



**Community Food Support**



# HEALTHY FOOD ON A BUDGET



## Eating Well on a Tight Budget

Grocery shopping on a limited budget can feel overwhelming, but with smart planning, you can still enjoy meals that are healthy, simple, and affordable. Start by checking what you already have, aim for at least one balanced meal each day, and stock up on staples to stretch your food supply for two weeks or more.

Food shopping starts at home. Planning meals and making a list saves time and money. Here are some tips to help you eat well and spend less:

- **Plan ahead** to find the best deals, avoid impulse buys, and reduce extra trips (and gas costs).
- **Check online ads and coupons** for discounts.
- **[Create a healthy plate and include the 5 food groups](#)** as a guide for balanced meals.
- **Take advantage of seasonal specials** for fresh, affordable fruits and vegetables.
- **Reuse leftovers** in casseroles, soups, snacks, or lunch boxes.
- **Organize your shopping list** by store layout to save time and avoid temptations.
- **Eat before you shop** to prevent impulse purchases.



If finding healthy and affordable food options near you is difficult, consider these easy and healthy alternatives:

- **Canned, dried or frozen produce:** These options are just as healthy as fresh fruits and vegetables and can last longer.
- **Canned vegetables:** Choose low-sodium, reduced-sodium or no-salt added options.
- **Frozen vegetables** with no added seasonings or sauces.
- **Canned fruit** packed in water or its own juice with no added sugars.
- **Dried fruit** with no added sugars.
- **Powdered milk** (dry milk), which is made from liquid milk with the moisture removed.



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## COMMUNITY FOOD SUPPORT



Community Food Connections helps residents easily find local places that offer free or low-cost food and nutrition support. This page provides information on local food pantries, meal programs, farm stands, and other food access options to help ensure everyone in our community can access healthy, nourishing food.

- [Yuba-Sutter Food Bank food distributions & food pantries](#)
  - Shows monthly community food distributions and neighborhood food pantry locations available to residents seeking free and low-cost food.
- [Low Cost and No Cost Resources for Sutter County | Sutter County, CA](#)
  - Low cost and no cost resources in Sutter County. View the food section for more resources
- [Dine at Home Program – FREED Center for Independent Living](#)
  - Meal voucher program providing up to 20 meals per month from local restaurants. Available to low-income seniors and people with disabilities
- [Dine Around Town Program - Agency on Aging Area 4](#)
  - Non-traditional congregate nutrition program that offers meals at local partner restaurants. Participants can enjoy breakfast, lunch or dinner during the week or weekend at no cost.
- [Meals on Wheels](#)
  - Home-delivered meals available to seniors age 60 and older in Yuba and Sutter Counties that are homebound due to illness, recovery, or other causes that prevent them from leaving their home.
- [Employment & Eligibility Services Branch | Sutter County, CA](#)
  - Provides support for individuals and families with food assistance, including CalFresh, health care coverage (Medi-Cal), financial assistance, and Employment Services.
- [CalFresh Program | Sutter County, CA](#)
  - Federal Program designed to increase food purchasing for low-income households in order to provide a more nutritious diet.
- [Women, Infants and Children \(WIC\) Program | Sutter County, CA](#)
  - Federally-funded health and nutrition program for pregnant mothers and families with children ages 0-5.
- [EBT locator](#)
  - Find locations in the Yuba-Sutter area that accept EBT.
- [WIC approved store locator](#)
  - Find local WIC locations and grocers.
- [Madd Love Community Fridge:](#)
  - Community refrigerator that is open to all, making fresh, healthy food more accessible. Located at Yuba-Sutter Habitat for Humanity.

