

# NOURISHED ON ANY BUDGET

## Useful Tips for Adding More Fruits and Vegetables to Your Plate

The following tips can help you get more fruits and vegetables on your plate. Remember that small changes or actions can be more sustainable over the long run.

### Buy generic or store brands

Generic or store brand items usually include similar or the same ingredients as more expensive name brand products. They are usually less expensive because less money is spent on advertising & labels.

### Buy in season

Most fruits and vegetables are less expensive when they are in season. They are usually placed in central locations of the produce section of grocery stores.

### Choose canned or frozen

Buy canned or frozen vegetables and fruits without added sauces, salt, or sugar. They are as good for you as fresh and can cost far less.

### Balance your meals

Include a variety of food groups including fruits, vegetables, lean meats/proteins, fiber, and healthful fats. Pay attention to what foods you enjoy and what things fill you up so that you can start to build balanced meals that not only taste good, but keep you fueled between meals.

### Honor your hunger and fullness

When we slow down to eat, we can pay more attention to the body's natural hunger and fullness cues. These cues help guide our own individual eating behaviors.

### Practice flexible meal planning

When possible, try to plan out meals for the week, if not for a few days. This helps you add fruits and vegetables where you can and will help to save money as you will have the necessary ingredients on hand to make meals at home instead of dining out.

### Scan grocery store flyers

Before heading to the grocery store, check out the store flyers, online specials or the store app. You can compare costs between stores and plan meals around what is on sale.

### Shop with a list

Making a shopping list before you go to the store means you are more likely to buy the items you need and are better able to avoid impulse shopping, which can increase your food costs.

### Consider cultural foods

We can celebrate diversity and cultures through the foods we eat. Sharing meals can bring joy and brings people together.

### Add diversity

No matter how you add fruits and vegetables to your plate, when you include fruits and veggies, you also add color, texture, fiber, and flavor at the same time.

Community Nutrition Program ♦ [communitynutrition@sanantonio.gov](mailto:communitynutrition@sanantonio.gov) ♦ 210-207-2722



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# FOOD ASSISTANCE RESOURCES

## WIC (Women, Infants, and Children) Program

WIC services are available to pregnant, postpartum, and breastfeeding women, infants, and children younger than 5 years old. If you qualify, you can receive food benefits at no cost. Call 210-207-4650 for more information.

## Summer Food Program

Provides free nutritious meals in the summer months for children and teens ages 18 and younger, and enrolled students with disabilities up to 21 years old. Call 211 or text FOODTX to 877-877.

## Senior Nutrition Program

Provides adults 60 years and older with a nutritionally balanced lunchtime meal in a congregate setting. For center locations or additional information call 210-207-7172.

## SNAP (Supplemental Nutrition Assistance Program)

Provides benefits to eligible individuals and families through an Electronic Benefits Transfer (EBT) card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. Call 1-800-221-5689 for more information.

## School Meals

Along with breakfast, lunch and a snack, some schools may offer dinner. Contact your child's school to see if they qualify for free or reduced cost meals.

## San Antonio Food Bank

Provides information on local food pantries and can assist with SNAP applications over the phone or in person. Call 210-431-8326 for more information.

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