



BEYOND THE TABLE: NATIONAL NUTRITION MONTH 2024

CMH DIETITIANS
WEEK 1

March is National Nutrition Month, a campaign to learn about nutrition and how you can use it in your life. In this year's theme, Beyond the Table, we will focus on the different factors that affect how we eat - not only sitting at a dinner table.

THIS WEEK: STAY NOURISHED ON ANY BUDGET

Money plays a huge role in what we eat and how we choose foods. And when budget is tight, nutritious foods can be one of the first things to go. There are ways we can stretch a dollar to make sure you provide your body with the nutrients that it needs, for both your long-term health and your day-to-day life.

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PLAN AHEAD: 5 full meals can often be made at home for the price of 1 takeout meal. Try sitting down for 30 minutes on your weekend and writing out a grocery list.

As an experiment, start by planning out all your lunches for 1 week of work, and packaging them to take with you each day. See how you feel physically, how much money you save, and compare it to a week of takeout lunches.



Build around cheaper base ingredients. Start by choosing an ingredient you can make in bulk for very cheap, such as rice, potatoes, beans, or lentils. Then add a filling protein and a colorful vegetable to create a complete lunch or dinner.

Remember that a meal doesn't always have to be a fancy recipe; sometimes, it can be as simple as a starch, a protein, and a veggie on the plate. Mix and match one from each category, depending on what's on sale, and you can pull together cheap meals to last you multiple days.



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Use support: if you are experiencing food insecurity, there are resources to help you.

- **SNAP benefits:** monthly cash benefits for food and groceries. check income requirements and apply [here](#).
- **Double Up Food Bucks:** if you receive SNAP benefits, SNAP will match every dollar you spend on fruits and vegetables up to an additional \$25 per day. Learn more [here](#).
- **WIC:** support for pregnant women, women breastfeeding up to 1 year, post-partum women up to 6 months, children up to age 5. Check income requirements [here](#).
- **Food banks in Polk county and beyond:** find your nearest option [here](#).

