

Healthy Eating Resource Sheet

From www.HealthyTransitionsLA.org

You Are What You Eat. Eat To Win!

When you can make good choices about what goes on your plate, you have the fuel to make good decisions in other parts of your life! The best way to enjoy fresh, healthy foods when you are on a budget is to learn how to cook and plan your meals in advance. Even simple recipes can help you eat healthier because you know exactly what's in your food. Talk to your transition coordinator about food assistance and life skills classes that include cooking lessons.

If you need help getting access to food, California State and LA County offer different kinds of assistance.

CONTACTS/LINKS

[California State Food Assistance](#)

You need access to healthy food. Part of your transition plan might include applying for and participate in CalFresh.

CalFresh issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

[LA County Food Assistance](#)

If you're hungry and need some food immediately, there may be soup kitchens and emergency food assistance in your area.

Phone: Call 2-1-1

[ChooseMyPlate.gov](#)

These online resources and tools can help you make better choices and build a healthier diet.

- [Nutritional Education Tip Sheets](#)
- [Recipes](#)

[Los Angeles County Farmers' Markets](#)

You can buy fresh fruit and vegetables straight from the farmers but that isn't the only great thing — many markets also host activities and provide entertainment.

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CONTACTS/LINKS (continued)

[Harvest of the Month Recipe Booklet](#)

These simple, healthy eating recipes can help you try a variety of fruits and vegetables grown locally. If you try the recipes in the season they're listed, you can enjoy fresh food when it's at its best.

[TeensHealth — Food and Nutrition Portal](#)

- [Cooking Tips and Resources](#)
 - [Recipes](#)
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[How to Read Nutrition Information](#)

When you think about buying things at the market, look at the label. Knowing how to read nutrition information will help you to make good choices.

[Action Plan for Kids](#)

[The Good and Cheap Cookbook](#)

These recipes can help you create satisfying meals that fit your budget. The book also gives advice about how to stock your pantry and ways to use leftovers in an interesting way.

Each recipe has a total cost of about \$4, depending on the prices at your local market.

The pdf file is 67 pages long. Download is free.

[My Fitness Pal Calorie Counter App](#)

You can track the foods you eat, log your daily activity, monitor your weight, even record how much water you drink with this free app.

Make sure that you check your privacy settings before you start.

You can use this app without paying a fee.
