



Fresh Start

A Healthy Eating Guide For Newcomers
to the United States

switchboard
connecting resettlement experts

 **NRC-RIM**
National Resource Center for
Refugees, Immigrants, and Migrants



Learning Objectives



After completing all five modules, you will have a better understanding of:

1

FOOD

what to expect in
the United States

2

SMART WAYS TO SPEND

and making a
food budget

3

THREE WAYS TO SAVE MONEY

on food

4

SNAP AND WIC

and community
resources for
healthy food

5

COOKING MORE AT HOME

and building a
healthy plate

Welcome to Module 1!

This presentation is a guide for newcomers for eating healthy on a budget in the U.S.

After this module, you will be able to:

- Compare the outcomes of habitually eating unprocessed vs. processed foods
- Locate “hidden sugar” in popular drinks
- Explain at least three ways to make healthy and joyful food choices



Module 1

Get a good start in the United States by eating healthy.

Your food choices matter for you and your family.





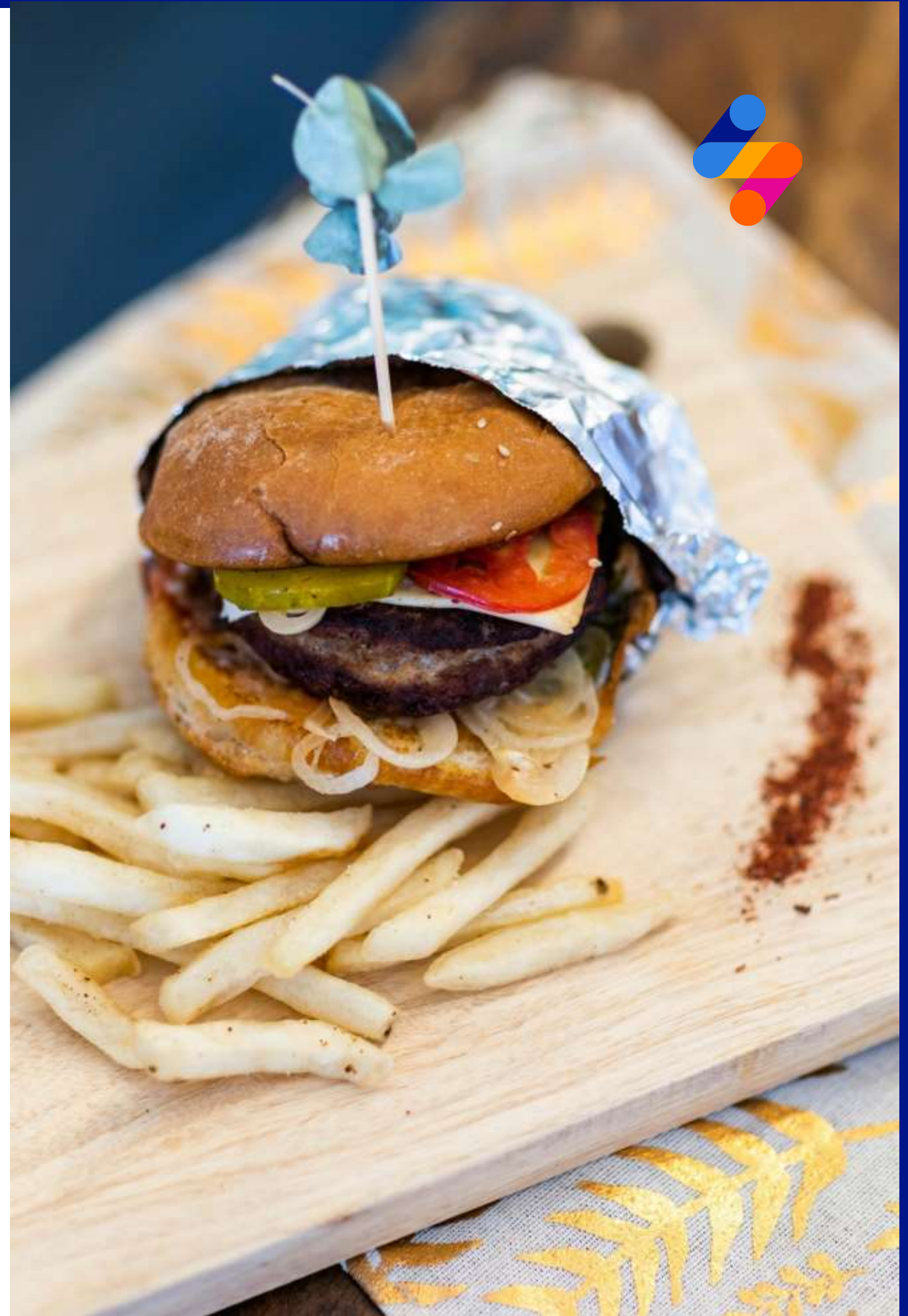
**What is your
favorite food?**

My favorite food is
_____.



How is food from back home different from food in the U.S.?

One difference between food back home and food in the U.S. is _____.





Processed Food

- Processed foods are made by machines and have many ingredients
- They usually come in packages and can last a long time
- Examples include chips, sugary snacks, and canned foods

Fast Food

- Fast food is made quickly and is easy to get, like burgers and fries
- It's often high in calories, unhealthy fats, and sugar
- Fast food is convenient but not very good for our health



Additives and Preservatives

- **Artificial Food Coloring** makes food brighter and is often used in children's foods to look attractive
- **Emulsifiers and Preservatives** help to blend oil and water. They are often used as food additives to packaged and certain frozen foods to delay spoiling.



Hidden Sugar and Salt

- Many processed foods contain more sugar and salt than we realize
- The daily recommended amount of sugar is

- **Men:** 36 grams or 9 teaspoons



- **Women:** 25 grams or 6 teaspoons



- **Children ages 2-4:** less than 19 grams or 5 teaspoons





Group Activity



Fast food can be hard to avoid...

Many children and adults in the U.S. **suffer from diet-related health problems** caused by unhealthy food and lack of exercise.



Diabetes

- Diabetes is when the body can't use glucose (a type of sugar) normally
- Symptoms of diabetes include:
 - extreme thirst,
 - the need to go to the bathroom more than usual, and
 - feeling tired often.





High Blood Pressure

- High blood pressure has many causes, including being passed down through your family, stress, and an unhealthy lifestyle
- Health conditions like diabetes and obesity increase the risk for high blood pressure
- High blood pressure can also occur during pregnancy



Module 1 Discussion



Module 1 Close

Now you are able to:

- Compare the outcomes of habitually eating unprocessed vs. processed foods
- Locate “hidden sugar” in popular drinks
- Explain at least three ways to make healthy and joyful food choices



A top-down view of a wooden table with a healthy meal. In the center is a large bowl of salad with sliced tomatoes, carrots, beets, and green leafy vegetables, topped with pumpkin seeds. To the left is a small teal bowl of almonds. Above the salad is a glass of orange juice. In the bottom right, a hand is writing in a lined notebook. A green apple is on the right side of the table. Another notebook is visible in the top right corner.

Thank you!
Questions?

Welcome to Module 2!

This presentation is a guide for newcomers for eating healthy on a budget in the U.S.

After this module, you will be able to:

- Explain ways a food budget is helpful
- Identify how to create a food budget
- Name three ways you can reduce food costs





	Budgeted	Actual	Variance
INCOME			
Income			
Extra Income			
Total			

	Budgeted	Actual	Variance
EXPENSES			
Rent			
Insurance			
Electricity			
Gas			



Group Discussion

What is a budget?



	Budgeted	Actual	Variance
EXPENSES			
Rent			
Insurance			
Electricity			
Gas			



Steps for Making a Food Budget

1. Calculate how much you are spending, and on what
2. Subtract your expenses from your income
3. Review your spending at the end of the week
4. Determine how much money you have to spend on food
5. Set a goal: decide how much you want to spend on food moving forward



What is your income?

- Salary
- Benefits
- Cash Assistance





What are your necessary expenses?

- Rent
- Utilities
- Food (groceries, restaurants)
- Gas
- Debt

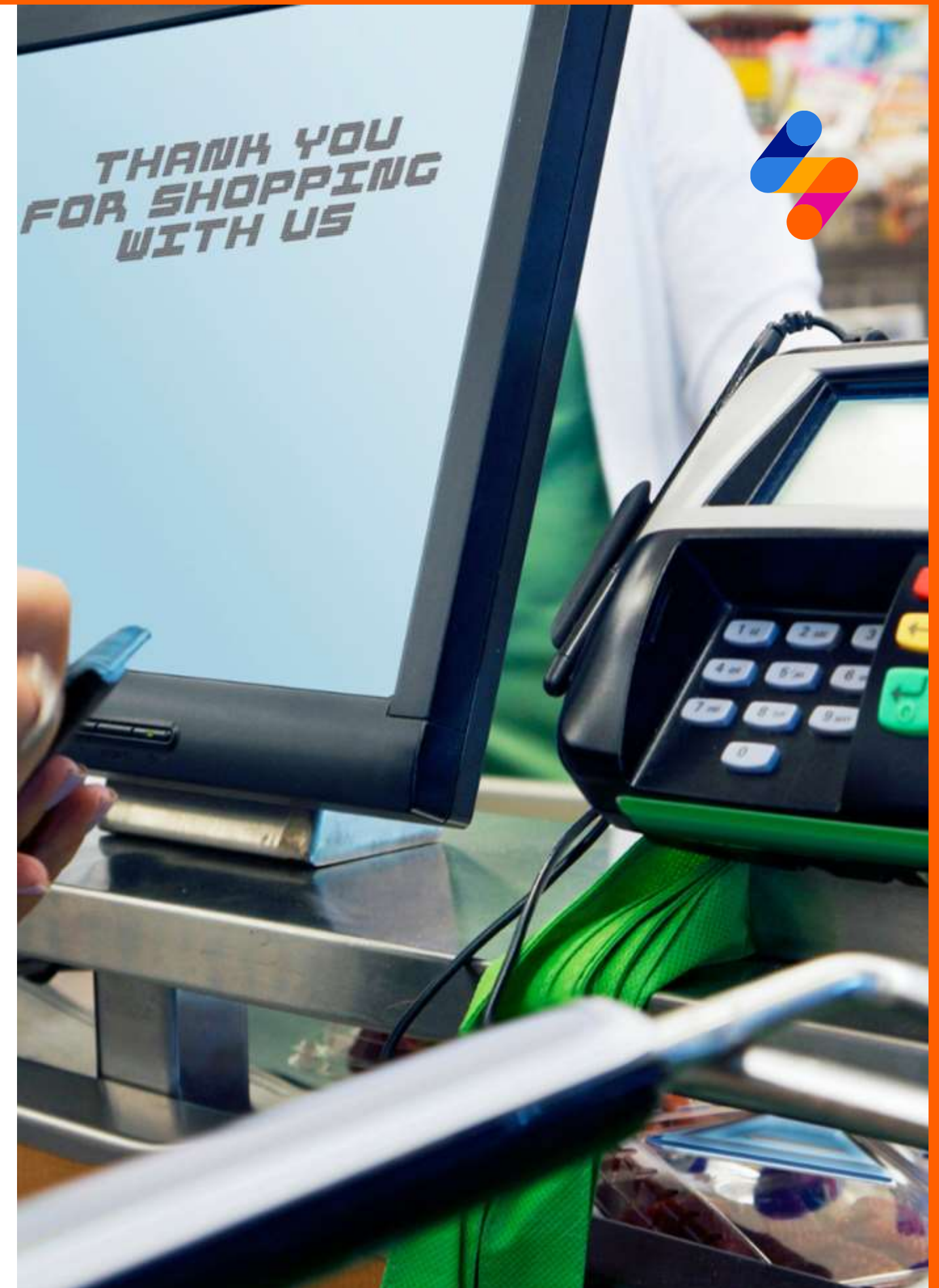




Group Activity

Tips to Improve Spending

- Track how much you are spending as a family
- Start saving early
- Use your benefits before they expire
- Be very careful about credit cards
- Reduce costs such as utilities



Module 2 Discussion



Module 2 Close

Now you are able to:

- Explain ways a food budget is helpful
- Identify how to make a food budget
- Name three ways you can reduce food costs



A top-down view of a wooden table with a healthy meal. In the center is a large bowl of fruit and nuts, including watermelon, cantaloupe, tomatoes, and almonds. To the left is a small bowl of almonds and a glass of orange juice. In the foreground, a hand is writing in a notebook. The background shows another notebook and a green apple.

Thank you!
Questions?

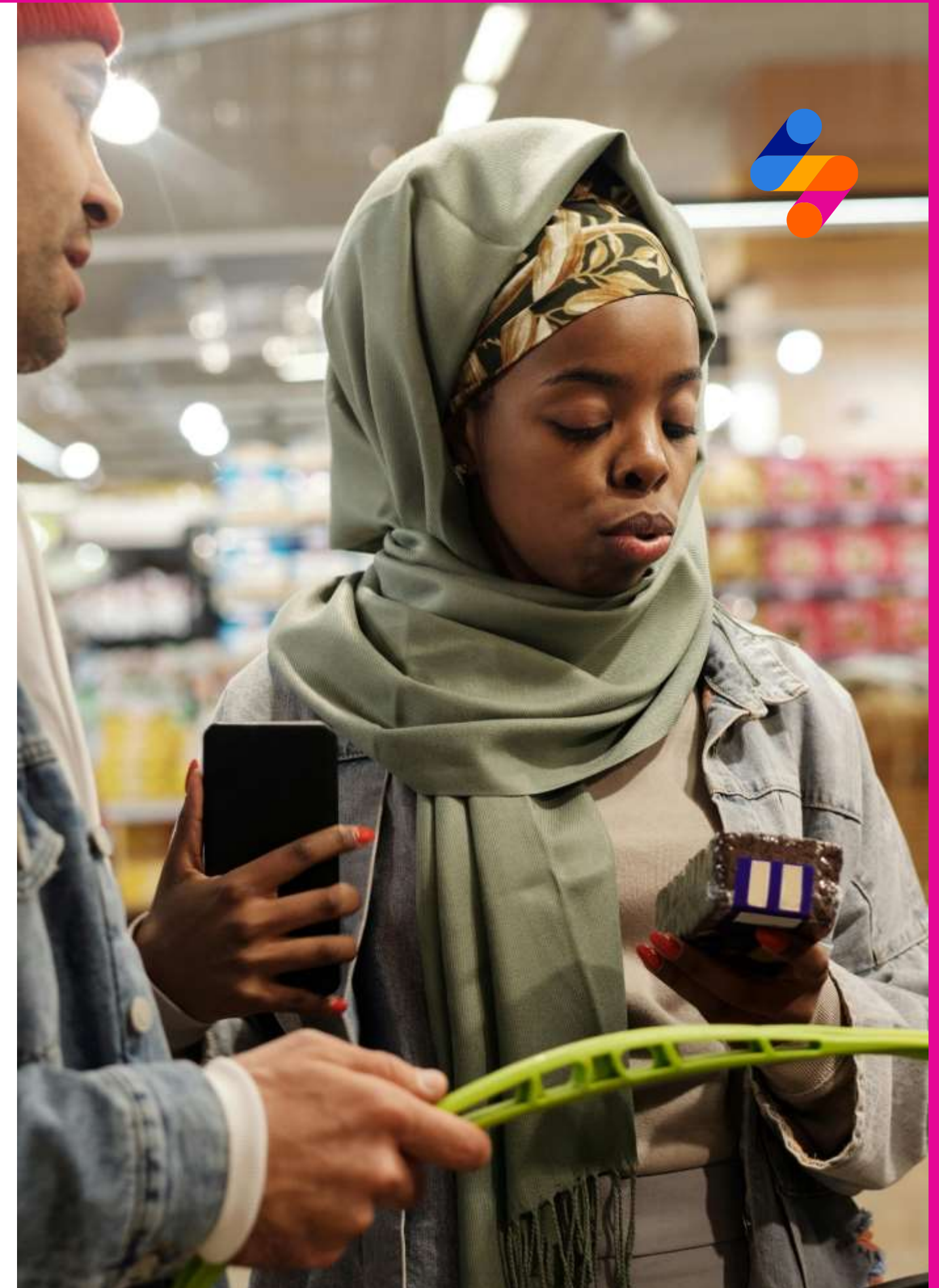


Welcome to Module 3!

This presentation is a guide for newcomers for eating healthy on a budget in the U.S.

After this module, you will be able to:

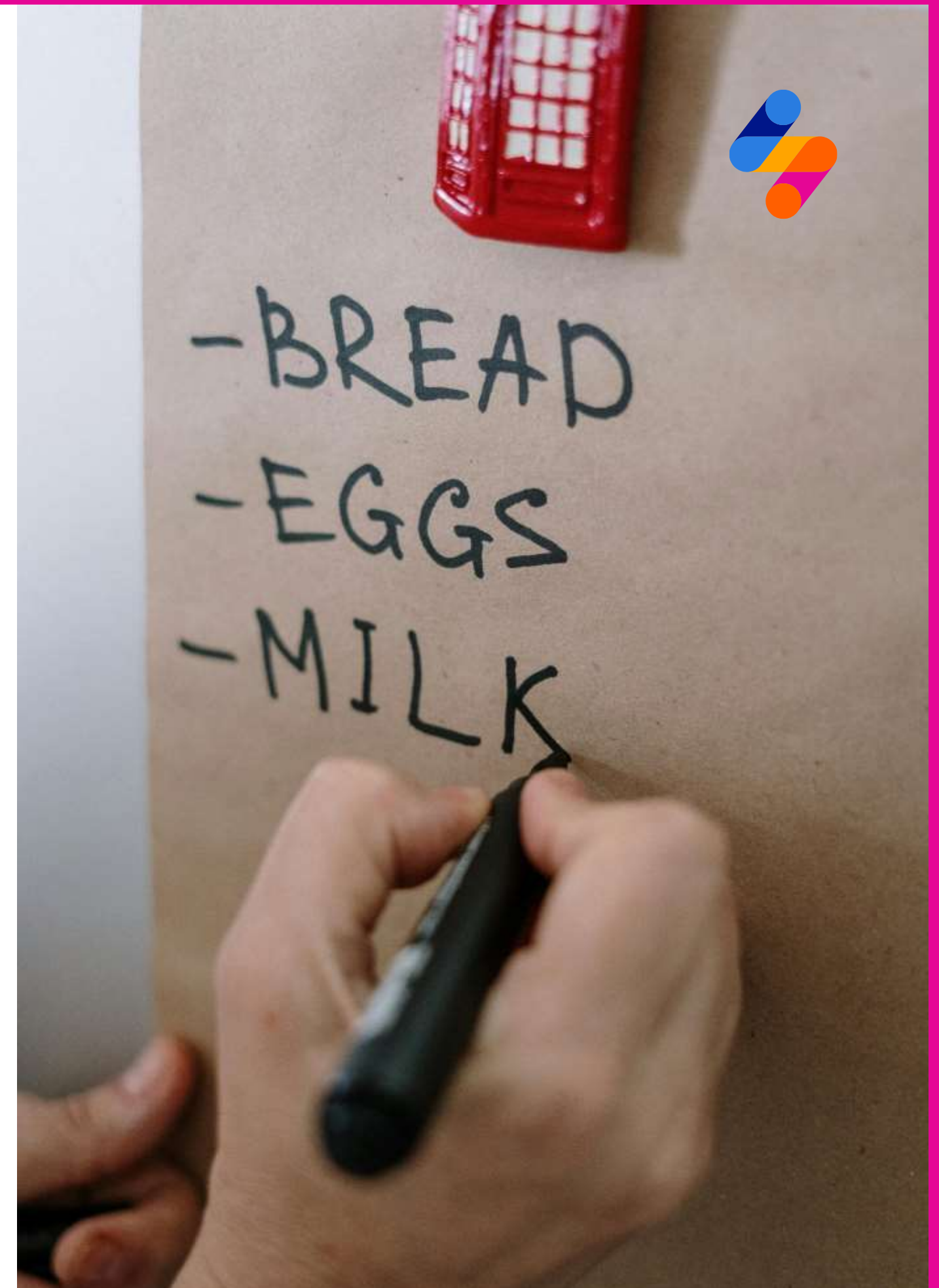
- Explain three ways you can save money in a grocery store
- Find the best deals in a grocery store



Steps for Meal Planning

One way to eat healthy on a budget is to plan in advance using a **meal plan** and a **shopping list**.

1. Check what food ingredients you already have
2. Look for food sales and coupons you can use
3. Decide on the meals and snacks for the week
4. Make a shopping list

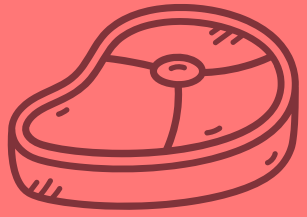




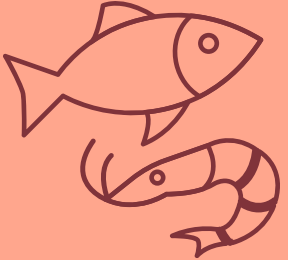
Group Activity



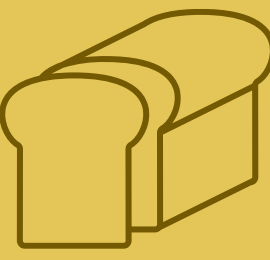
DAIRY



MEATS



SEAFOOD



BREADS



FROZEN FOODS

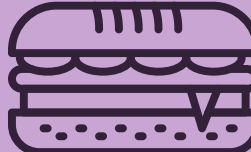
WATER - BEVERAGES

COFFEE - TEA - CEREAL

CHIPS - CONDIMENTS

CANNED FOODS - GRAINS

BAKING - SPICES - OIL



DELI



FRUITS AND VEGETABLES

CHECKOUT



ENTRANCE





Children and Food Shopping

An Opportunity for Education

- Unhealthy items like candy are often placed at children's eye level in the store.
- How to make food shopping engaging for children:
 - Ask children to be “helpers” to find items on your shopping list
 - Let children pick a new fruit or vegetable to try
 - Bring a snack



Other Saving Strategies

- Look for savings on healthy foods to get the best deals
- Learn to use SNAP and WIC benefits, and discover free food resources in your community





How to Find Better Prices

- Sales
- Use coupons and ads to find deals
- Find the store brand item, which is often cheaper



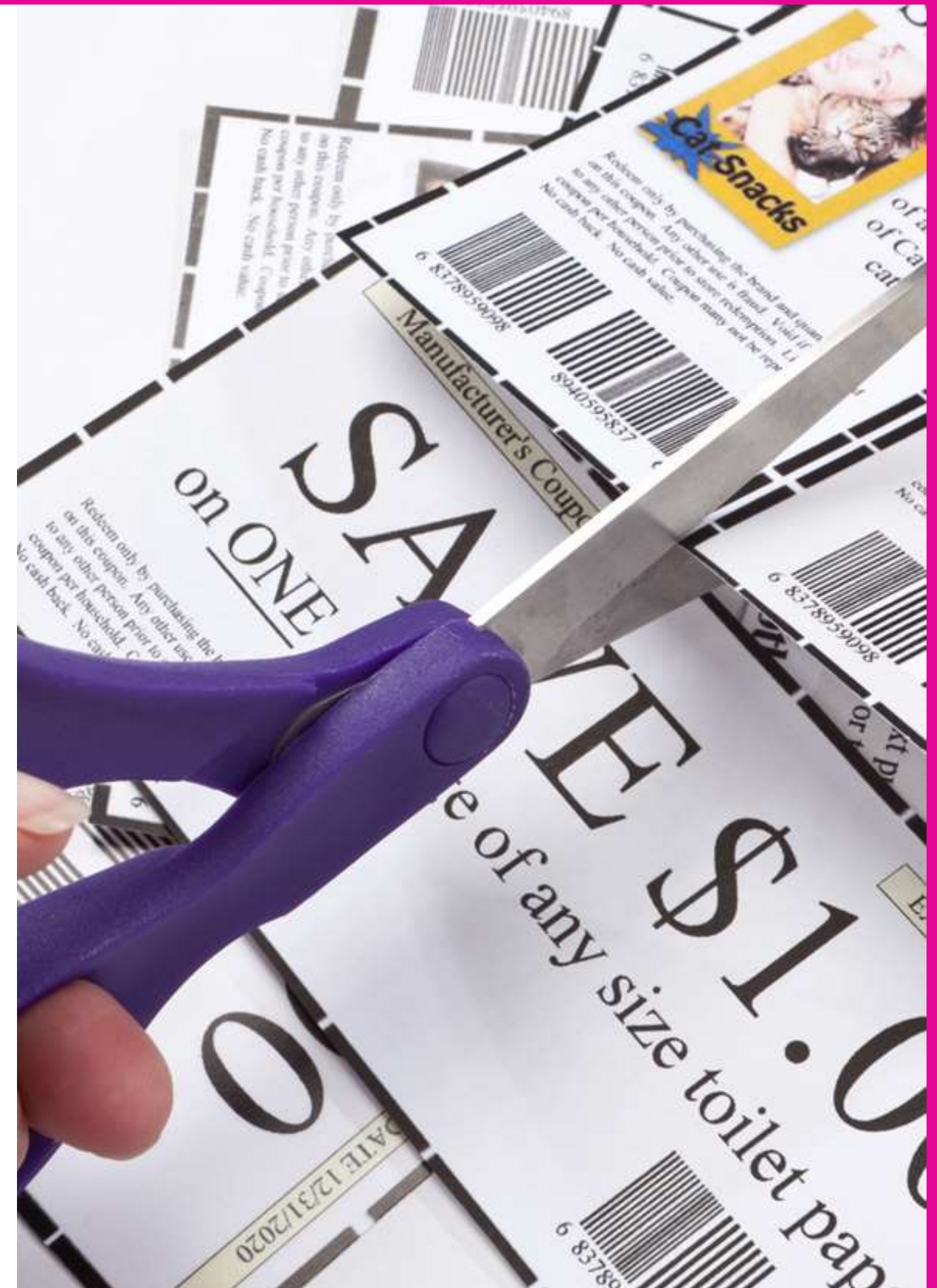
Sale

- A temporary lower price or discount on a specific item or service



Coupon

- Small piece of paper or an online deal that allows a person to get a service or product for a lower price
- Coupons can be found online, through mobile apps, in newspaper ads, or in weekly ads



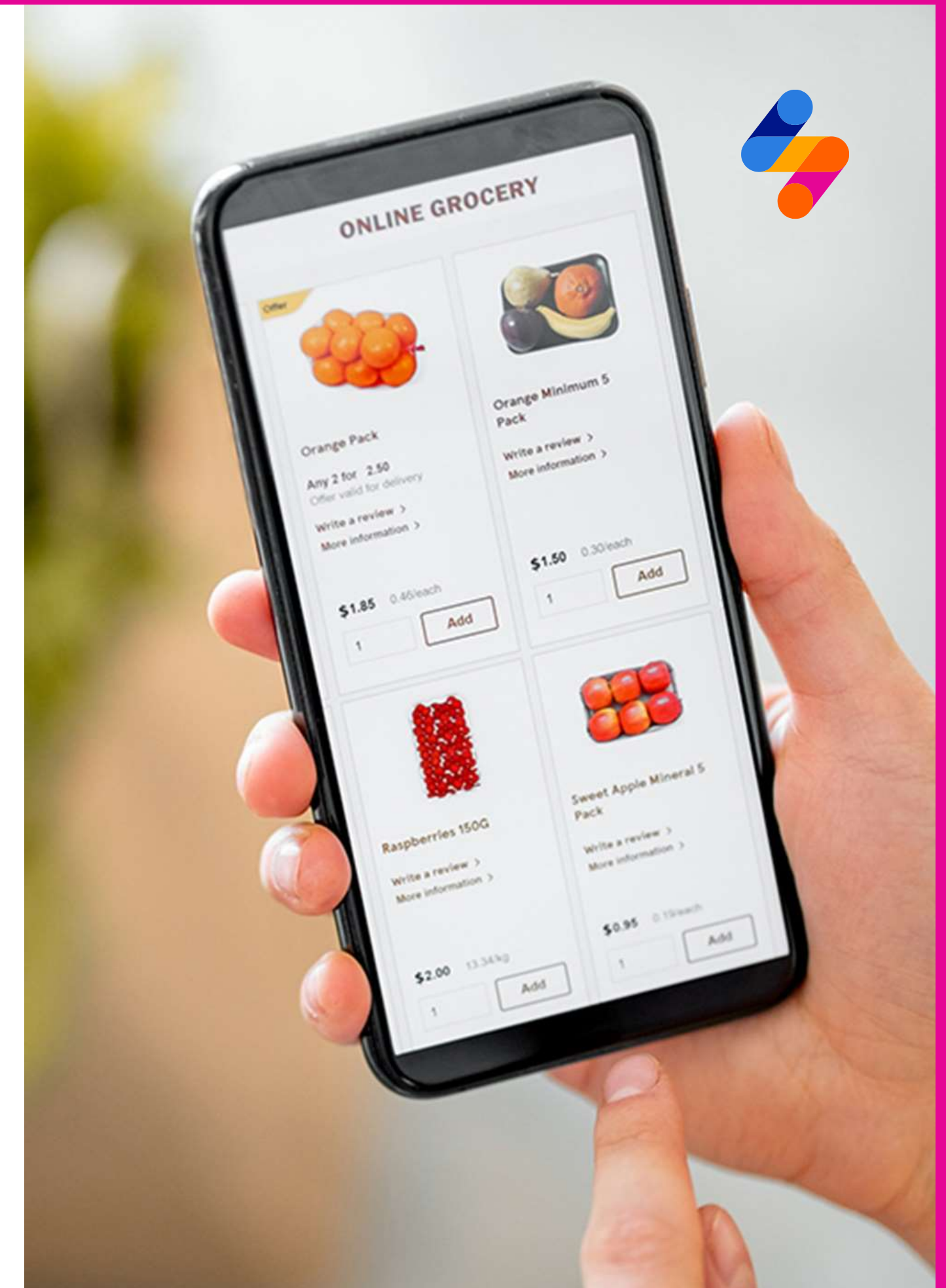
Store Rewards Card

- Store rewards program: A free card you can use to access member-only discounts
- This is not a credit card
- You cannot use it to pay for groceries



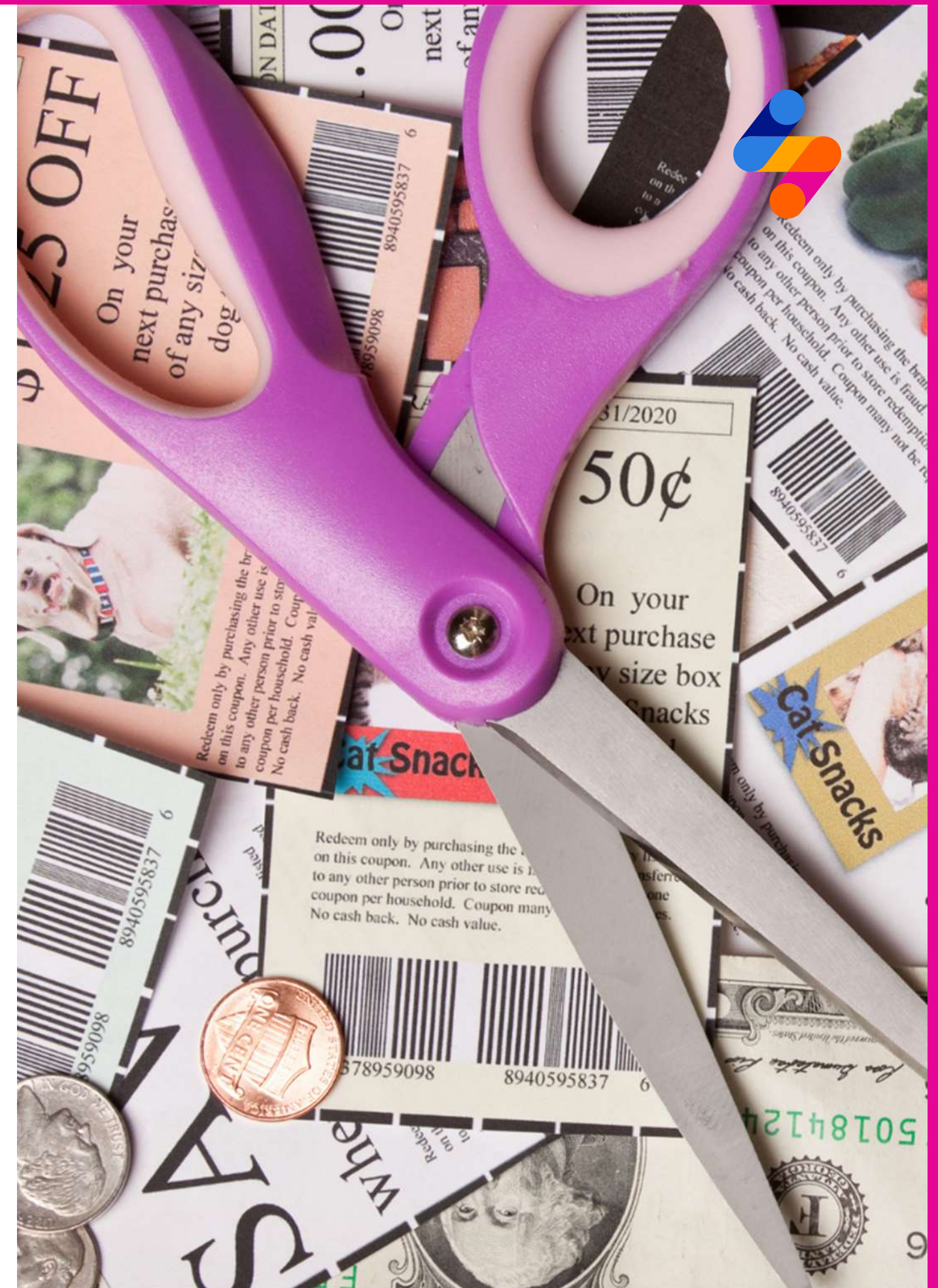
Weekly Ad

- A summary of sales and discounts at a particular store for the week



Combining Deals

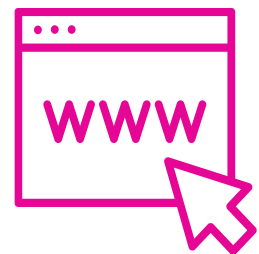
- Stacking coupons
- Competitor coupons
- Ask produce managers for specials, sales, and markdowns



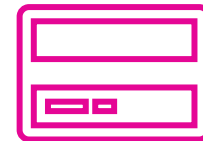
How to Find the Best Deals in the Grocery Store



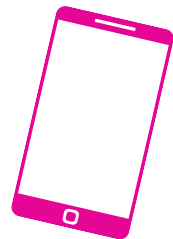
Summary



Store's website



Store rewards card



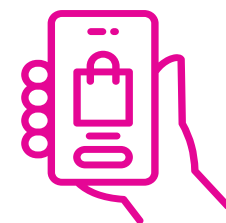
Store's mobile app



Printable coupons



Weekly ads are a good resource for many deals, not just groceries



Subscribe to e-newsletter



Combine deals
(stack coupons)

Module 3 Discussion

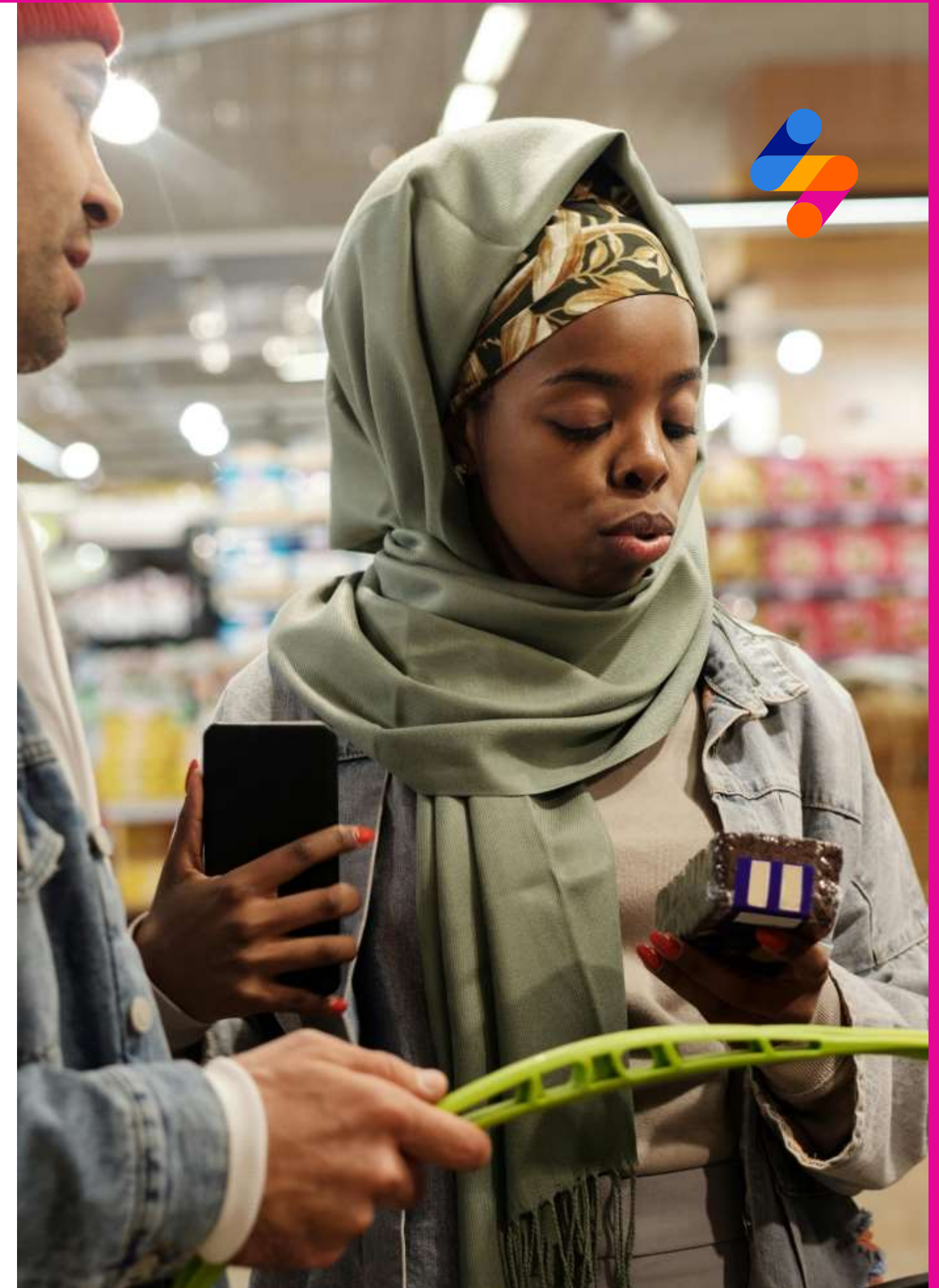




Module 3 Close

Now you are able to:

- Explain 3 ways you can save money in a grocery store
- Find the best deals in a grocery store





Thank you!
Questions?

Welcome to Module 4!

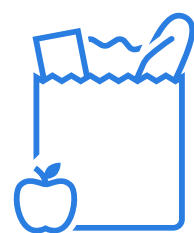
This presentation is a guide for newcomers for eating healthy on a budget in the U.S.

After this module, you will be able to:

- Identify government-funded programs that help you access food
- Find local community resources that support healthy food access

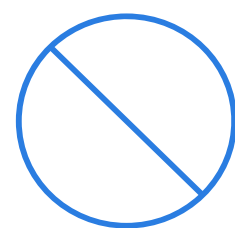


What Can You Buy with SNAP?



SNAP can buy any food for the household, such as:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods, such as snacks and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat



SNAP cannot buy:

- Beer, wine, liquor, cigarettes, or tobacco
- Vitamins, medicines, or supplements
- Live animals
- Hot food at the point-of-sale
- Nonfood items like pet foods, cleaning supplies, paper products, household supplies
- Hygiene items and cosmetics



SNAP Match Programs

- SNAP Match programs in 25+ states
- Dollar-for-dollar match on fresh fruits and vegetables spent on SNAP EBT cards
- Buy \$10 worth of fruits and vegetables and receive another \$10 to spend on fruits and vegetables
- Check online if your state has this program: <https://doubleupamerica.org>
- Ask at your local farmers market



A woman in a white shirt is feeding a baby with a green vegetable stick. The baby is sitting in a high chair and looking towards the camera. In the foreground, there is a white plate with a carrot and broccoli, and a glass bowl of soup. The background is a wooden wall.

WIC Benefits

What Can You Buy with WIC?

- Infant formula
- Infant and adult cereal
- Baby food
- Fruits and vegetables
- Meats
- Whole wheat bread
- Brown rice
- Soft corn and whole wheat tortillas
- Juice
- Eggs
- Milk
- Cheese
- Peanut butter
- Dried beans or peas
- Soy beverages
- Tofu
- Canned fish



You can qualify for both **SNAP** and **WIC** and use both to purchase eligible items to meet your nutritional needs.

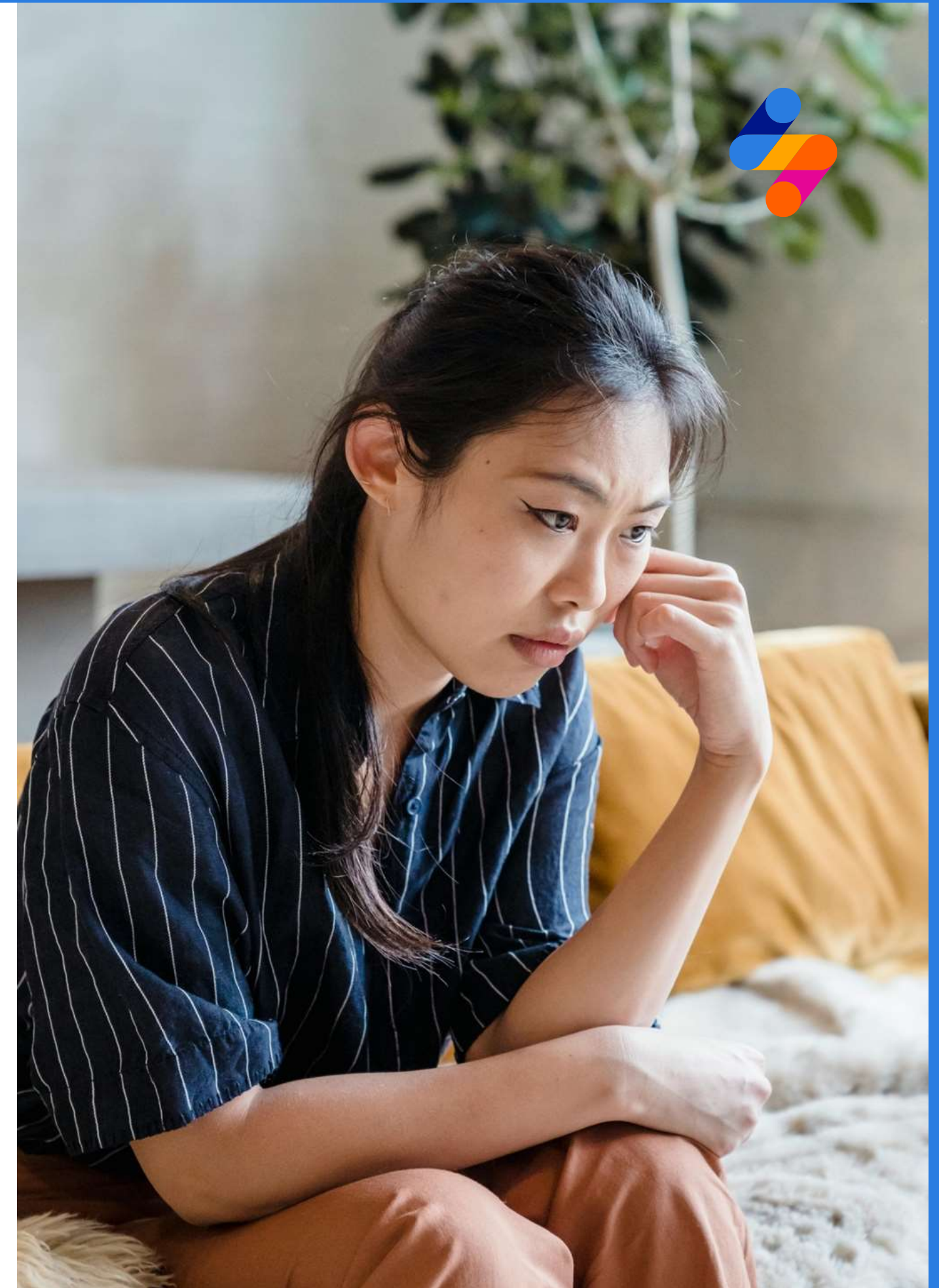


WIC Farmers Market Nutrition Program (FMNP)

- WIC participants are eligible
- A limited number of checks or coupons are distributed around March or April
- Receive a check/coupon totaling \$30 or less during the FMNP season (March to October 31)
- Coupons can be used to purchase fresh, locally grown vegetables, fruits, and herbs from farmers markets or roadside stands approved by FMNP
- More information at: <https://www.benefits.gov/benefit/6030>

Don't Let Benefits Expire

- SNAP benefits roll over month-to-month but can **expire after nine months!**
- WIC expires at the end of the month (or WIC benefit period)





Community Resources





Community Food Resources

- Food banks and food pantries
- National Hunger Hotline: 1-866-3-HUNGRY or 1-866-348-6479
- Free school lunches (ask about Halal options)
- SNAP/WIC benefit match program



Module 4 Discussion



Module 4 Close

Now you are able to:

- Identify government-funded programs that help you access food
- Find local community resources that support healthy food access





Thank you!
Questions?

Welcome to Module 5!

This presentation is a guide for newcomers for eating healthy on a budget in the U.S.

Learners will be able to...

- Describe 6 main nutrient groups
- Explain how to build a healthy meal or plate



Cook at Home To Stay Healthy

- Supermarkets, grocery stores, and corner stores in the U.S. are full of unhealthy options. Your choices matter for your health.
- Cook at home with fresh ingredients to stay healthy





- What is Nutrition?

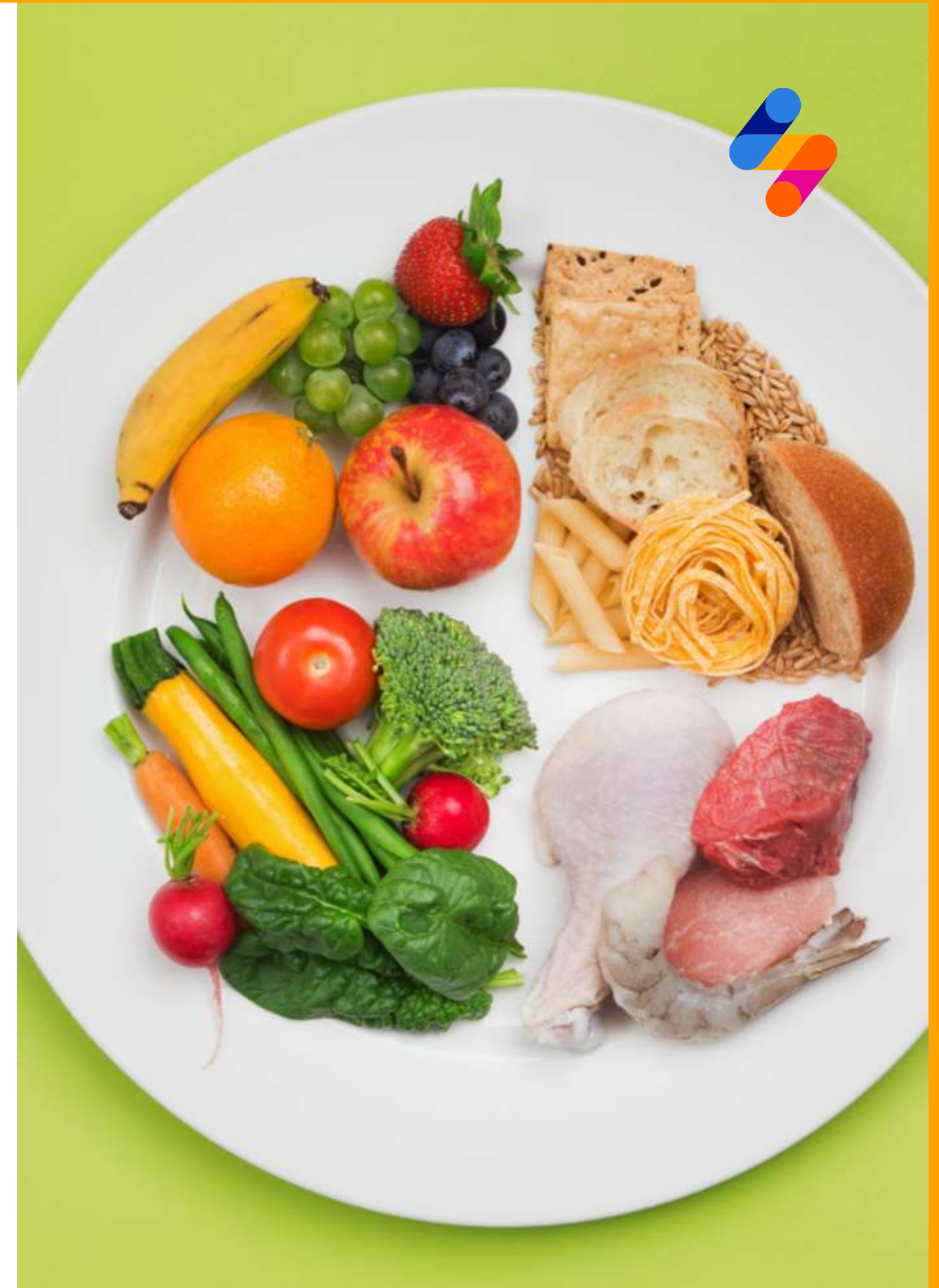
Nutrition comes from food—it is what you eat and drink and how your body uses that food for energy and health.

- Our body is like a car. We need fuel to power us up.
- The fuel for our body is food and water
- Understanding how the food we eat helps our body is important



6 Major Nutrient Groups

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water





Six Nutrition Recommendations



Eat different types of food daily (some fruits, vegetables, meats, dairy, lentils, and beans).



Reduce how much sugar you eat, and avoid sweet, carbonated beverages.



5 servings of fruit and vegetables per day can help lower the risk of major health problems like heart disease, stroke, and cancer.



Use less salt and eat fewer fatty foods and highly processed foods.



Eat lean protein like poultry, fish, eggs, and dairy products.



Drink more water instead of juice, sodas, and other sweetened beverages.



• Making a Healthy Plate

- Vegetables
- Proteins, like meat
- Carbohydrates, like rice, pasta, or bread
- Drink water with your meal



Cooking at Home

- Select your own ingredients and make healthier choices
- Control how much oil, sugar, and salt is in your food
- Make traditional food or try new recipes



One-Pot Meal

- Healthy—contains liquid, proteins, and vegetables
- Feeds a lot of people
- Inexpensive





- Eating a diet rich in variety and color can help your body be healthy
- Each color of the rainbow helps different parts of your body



Healthy Bodies Are Strong Bodies

- Unhealthy diets and not exercising can lead to poor health
- Eating fresh, unprocessed foods and keeping your body moving (walks, swimming, playing outside, flying a kite, playing soccer, and using the stairs) will keep your body and mind healthy



Module 5 Discussion



Module 5 Close

Now you are able to:

- Describe six main nutrient groups
- Explain how to build a healthy meal or plate



A top-down view of a wooden table. In the center is a large bowl of fruit salad containing watermelon, cantaloupe, tomatoes, and almonds. To its left is a small blue bowl of almonds and a glass of orange juice. To the right is a green apple. Several spiral-bound notebooks are scattered around the table. A hand is visible at the bottom right, holding a pen over an open notebook.

Thank you!
Questions?

Learning Objectives



After completing all five modules, you will have a better understanding of:

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Stay Connected



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www.SwitchboardTA.org



@SwitchboardTA

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