

Tips for Nutrition and Wellness

Having a healthy diet is key to mission readiness. Eating healthy doesn't have to be expensive. Use these tips to follow a healthy diet while staying on budget.

If you need additional assistance, connect with Military OneSource for free nutrition and wellness coaching, and get information on ways to access high-quality, affordable food.



Eating Healthy on a Budget

- **Make every bite pack a punch.** Eating the right balance of nutritious foods helps increase your nutrient intake, which is important for peak performance and staying healthy.
 - Choose nutrient-packed foods like fiber-rich fruits and vegetables, whole grains and legumes.
 - Go for low-fat dairy products and lean proteins.
 - Pick foods with less sodium and limit added sugars.
- **Save time and money.** Save by shopping at your local **Commissary** for discounted groceries. Commissaries serve military members and their families with 240 locations worldwide.
 - Shop online with Commissary CLICK2GO, placing orders up to six days in advance. Select locations also offer delivery services.
 - Use the CLICK2GO mobile app for coupons, creating shopping lists and more. Download the app from the Google Play Store or Apple's App Store.
- **Shop local.** Check out your local farmer's market for fresh, healthy foods. Locally grown foods often stay fresh longer (a budget bonus!). Find a farmer's market near you: www.usdalocalfoodportal.com.
- **Find healthy recipes.** Get dietitian-approved recipes in the **Healthy Living** section of the Commissary's website.

More information is available at:
www.militaryonesource.mil | 800-342-9647



U.S. Department of Defense

Food Resources and Support

The Defense Department understands that having access to affordable, quality food supports the wellness, resilience and readiness of service members and their families. Resources are available to you, including:



Defense Department Resources

- **Connect with Military OneSource's [Health and Wellness Coaching](#)** to get personalized support for fitness, nutrition and stress management.
- **Set up a time to [meet with a financial counselor](#)** by calling Military OneSource at **800-342-9647** or live chat.
- **Military OneSource Community Resource Finder:** Locate food banks and community resources by state.
- **Military and Family Support Centers:** Find family readiness services at installation-based centers.

Visit www.militaryonesource.mil/resources/millife-guides/food-security-resources-and-support-programs/ for more information.



USDA Nutrition Assistance Programs

- **Supplemental Nutrition Assistance Program, or SNAP:** Offers food benefits to low-income families to support nutritious meals.
- **Special Supplemental Nutrition Program for Women, Infants, and Children, or WIC:** Provides supplemental foods and nutrition education to low-income pregnant and post-partum women and children up to age 5.
- **National School Lunch Program, or NSLP:** Provides low-cost or free lunches to children in schools and child care institutions.
- **SUN Programs:** Offers grocery benefits, free meals and snacks for eligible children during the summer.
- **Food and Nutrition Service for Military and Veteran Families:** Connects military and veteran families with available USDA nutrition programs.
- **USDA National Hunger Clearinghouse:** Operates the National Hunger Hotline for those seeking food assistance information.

Visit usda.gov/topics/food-and-nutrition for more information.

Visit [Military OneSource](#) and the [USDA Food and Nutrition Service](#) websites for more food security resources and support programs. Military OneSource is your connection to nutritional, financial and benefits resources.

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