Program Email

## Program email for service members

Background: Many service members don’t know Military OneSource offers free services to help them eat healthy while staying on budget. Use the customizable email below to ensure your team knows how to access these resources and encourage them to use these services when needed.

**Subject line:** FYSA: Resources for Healthy Eating and Saving Money

**Body copy:**

Dear [service member],

As a military leader, it is my responsibility to ensure our team can access all available resources for optimizing our physical and mental well-being.

One way we optimize our physical well-being is through fueling our bodies with the proper foods. However, I recognize some individuals run into challenges with this, especially when food costs are high or when they have large families to feed.

If you experience challenges with getting enough of the right kinds of foods, know you are not alone, and confidential help is available.

Military OneSource has free resources and support to ensure you can access the affordable, quality food you need to stay properly fueled. Visit [Military Nutrition & Fitness Support](https://www.militaryonesource.mil/health-wellness/fitness-nutrition/) to get started. You can also:

* Visit Military OneSource’s [Food Security Resources and Support Programs](https://www.militaryonesource.mil/resources/millife-guides/food-security-resources-and-support-programs/) for helpful places to find affordable, nutritious food.
* Connect with Military OneSource’s [Health and Wellness Coaching](https://www.militaryonesource.mil/benefits/health-wellness-coaching/) to get personalized support for fitness, nutrition and stress management.
* If your budget is tight, set up a time to meet with a [financial counselor](https://www.militaryonesource.mil/benefits/financial-counseling/) by calling Military OneSource at 800-342-9647 or by using the [live chat](https://livechat.militaryonesourceconnect.org/webchat/).
* [Shop the commissary](https://shop.commissaries.com/) for great deals on high-quality goods.

Military OneSource is your connection to resources to help ensure you can access the affordable, quality food needed to support the wellness, resilience and readiness of our service members and your families.

V/r,