

I know how much I can  
spend each week on food  
because I make a budget  
and stick to it.



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I put more available money into my food budget so that I have enough healthy food for my family.



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I share and eat meals at the home of friends or family at least one time each week.



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# I have checked into enrolling in the SNAP (Food Assistance) Benefits program, or already receive them.



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# My children are enrolled in the National School Lunch (or Breakfast) Program.



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# I have signed up for WIC to get food for my baby or young child/children.



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# I have looked for a local food pantry or free meal program in my community.



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# I take a lunch and/or snacks when I run errands or go away from home.



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# I cook and prepare most of my family's meals at home.



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# I breastfeed if I have an infant.



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# I grow my own vegetables in a garden and/or buy fresh produce from a farmers' market.



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# If I am a senior adult, I participate in Senior Meal Programs at my local Senior Dining Site.



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