

# Fueling Your Body!

It's important because you're important!

Improved Memory

Better Mental Health

Improved Energy Levels

Helps Prevent Sickness

## Let's Create A Plan!

<u>Breakfast</u>	<u>Ingredients</u>	<u>Total Cost</u>
1.		
2.		
3.		
4.		
<u>Lunch</u>		
1.		
2.		
3.		
4.		
<u>Dinner</u>		
1.		
2.		
3.		
4.		
<u>Snacks</u>		
1.		
2.		
3.		
4.		

## Let's Get Specific!

### Veggies

- Frozen veggies are just as nutritious and last a lot longer!

### Dairy

- Check the expiration date to get the freshest product!

### Fruits

- Try canned or frozen fruits
- This is a great place to buy seasonally!

### Grains

- Pasta, rice, and oats have a long shelf-life and are quick and easy to make!

### Protein

- Some cheaper sources of protein are beans!
- Whether canned or dried they are great fuel for your body

**Pro Tip!**  
Eat seasonal!  
Prices for seasonal foods are typically lower!

### Budgeting



- Shop around!
  - Most stores have prices on their website

## Know Your Resources!

- Food Pantry: The Iowa Memorial Union (IMU) has a FREE selection of healthy foods.
- Hawkeye Meal Share: This FREE program gives dining hall meal swipes to students dealing with food insecurity!
- My Plate: This government resource has numerous tips, tricks, and recipes for all lifestyles!

