



**Food Stamps help  
put healthy food  
on your table.**

# Food Stamp Office Resource Kit Good Food in Action

## FACT SHEET

### Background

Obesity and type 2 diabetes continue to increase at alarming rates. These and other chronic diseases associated with poor nutrition are disproportionately higher among low-income families. An important means to reducing these chronic diseases is the wide variety of nutrition education services offered through the Food Stamp Program (FSP), centerpiece of the nation's nutrition "safety net."

The Food Stamp Office Resource Kit brings nutrition education into food stamp offices to provide clients with demonstrations, tips and recipes that will help them purchase and prepare low-cost nutritious meals and snacks for themselves and their families. This information, combined with the increased food purchasing power of food stamps and the myriad of services and community activities provided by other partners, promotes better health among low-income Californians.

The materials in the kit were carefully designed to engage clients while they are waiting for appointments. They adhere to the following criteria:

- The 20-minute video is fun, upbeat and presented in a way that will engage individuals in waiting rooms that may be noisy and distracting.
- All printed materials are colorful and easy to follow.
- Recipes are nutritious, affordable and easy for families to prepare.

**GOOD  
FOOD  
TV**



## Tool Kit Components

### 20-minute VHS/DVD — “Good Food TV”

Registered dietitians and community members demonstrate quick, low-cost meal and snack recipes and explain healthy tips about food preparation. The video is on a continuous loop allowing it to run throughout the day, and it is available in English and Spanish.

### Display Unit

A 22” x 28” poster tells clients that “Food Stamps help put healthy food on your table.” Framed in your choice of a metal stand-alone kiosk or wall unit, the poster encourages clients to pick up the brochure and recipe cards which are displayed in an attached acrylic holder.

### Brochure

English and Spanish versions of the brochure provide helpful tips on preparing healthy foods, cost-saving ideas for food shopping and more reasons to use food stamps for good health.

### Recipe Cards

Eight take-home recipe cards, some of which feature recipes depicted in the video, offer meal ideas for breakfast, lunch and dinner. The recipes have all been tested among low-income audiences and were selected based on ease of preparation, affordability of ingredients and cultural relevance. The cards are two-sided – English on the front, Spanish on the back.

### Resource Guide

The guide provides phone numbers of pertinent health, nutrition and physical activity resources by county for the purpose of providing clients with further opportunities to adopt a healthier lifestyle.

