

CULTIVATING ACCESS, CULTIVATING HEALTH: ACCESS TO NUTRITIONAL FOODS

01

NONTRADITIONAL GROCERY SHOPPING

Shop for budget friendly options at stores within your community: Dollar Tree, food pantry, farmers markets, community centers, and religious instituions

02

BUILD A BALANCED PLATE

Ensure that every plate you build has the big four nutrients: protein, fat, fiber, and carbs



03

CONNECT WITH LOCAL SUPPORTS

Apply for and use benefits such as SNAP, WIC, food banks, etc. A list of these resources within the GovSt community can be found using the QR code



GovSt Wellness Week 2025: September
17th, 2025 5:00-6:00 PM

<https://www.govst.edu/wellnessweek/>

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