

## Healthy Food Support Gift Card Program

The Healthy Food Support Gift Card Program at Poverello provides grocery gift cards to participants who agree to two simple principles:

1. Retain and Return both the gift card and the receipt from foods purchased.
2. Agree to purchase only foods that are healthy, nutritious and support a well-balanced, culturally appropriate meal plan.

### Fruits:

#### Focus on fruits.

- Eat a variety of fruit.
- Chose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

### Vegetables:

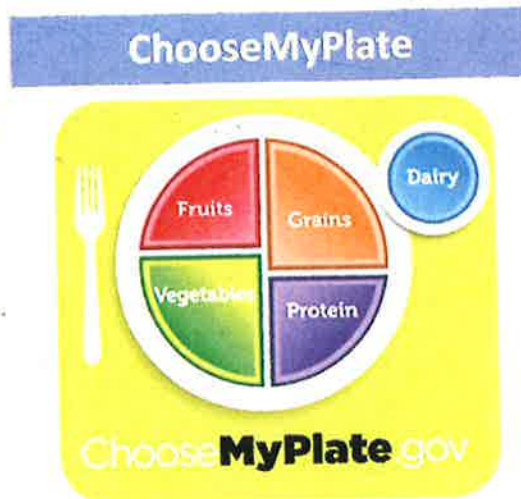
#### Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

### Physical Activity

#### Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



### Milk:

#### Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, chose lactose-free products or other calcium sources.

### Grains:

#### Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

### Meats & Beans

#### Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

### Oils:

#### Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

14

I received the \$45 gift card imaged below and agree to purchase only foods that support ChoseMyPlate categories and recommendations:



Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Number: \_\_\_\_\_ Staff Name: \_\_\_\_\_

I received: "MyPlate, My Wins: Make it yours Healthy Eating Solutions for Everyday Life"  
 Recibí: "MiPlato, Mis Ganas: Hacerla suya Las Soluciones de Alimentación Saludable para la Vida Diaria"