

## "Food as Medicine: Nourishing Your Health on a Budget"

Food as medicine means using the things you eat to keep your body strong and healthy. It's like a superhero diet that helps you fight off bad stuff and feel amazing. So, next time you're munching on your veggies or enjoying a juicy apple, remember, you're not just eating, you're supercharging your body!



SNAP benefits can be a valuable tool for embracing a  
"Food as Medicine" lifestyle.  
Here's how they can help:

1. **Financial Support:** SNAP (Supplemental Nutrition Assistance Program) provides financial assistance to buy food. It eases the financial burden of purchasing nutritious foods, making it easier to access fresh produce, whole grains, lean proteins, and other healthy options.
2. **Varied Diet:** SNAP allows you to explore a wide range of foods, including fruits, vegetables, dairy, proteins, and grains. This variety helps you get a diverse set of nutrients, just like medicine for your body.
3. **Prevent Malnutrition:** SNAP benefits ensure you have enough to eat, reducing the risk of malnutrition, which can lead to health problems. It's a foundation for overall well-being.
4. **Healthy Food Choices:** With SNAP, you can make informed choices and select foods rich in essential nutrients, helping you maintain good health and prevent chronic illnesses.
5. **Flexibility:** SNAP benefits can be used in grocery stores and, in some cases, at farmers' markets. This flexibility means you can access fresh, whole foods to support your health goals.
6. **Cooking Skills:** SNAP recipients can also access educational programs on how to cook healthy meals on a budget. This helps you make the most of your benefits and improve your culinary skills.
7. **Community Support:** Many communities have programs that assist SNAP beneficiaries in accessing fresh, local, and organic foods, connecting you with resources that support a "Food as Medicine" lifestyle.

Remember, SNAP benefits can be a stepping stone toward a healthier lifestyle by providing the means to make nutritious food choices and maintain your overall well-being.

If you need help with applying for SNAP benefits, schedule an appointment with a  
Resource Advocate by clicking here: [www.ccfairfield.org/  
community-advocacy-program](http://www.ccfairfield.org/community-advocacy-program)