



When it comes to your health and well-being, **choosing to eat right is one of the most important steps you can take.** Look for the **CHOOSE FRESH!** sticker at local stores to help you find the healthiest options.

What are healthy food and beverages?

Healthy food is **fresh** and **low in calories, fats, sodium, and added sugars.**



Fresh fruits and vegetables are good choices that will help you stay healthy.



Try **frozen vegetables** for a quick side dish. Just microwave and serve.



Whole grains like **oatmeal, brown rice or popcorn** are good for you.



Low-fat or skim milk, cheese and yogurt are healthy choices.

Drink plenty of water:

Avoid sodas and drinks that have a lot of sugar. Only buy juice if it is 100% juice.



For more shopping tips and easy recipes you can make using healthy foods, please visit **activeangelina.com**

Where to go for healthy food



Stock up on fresh food at:

- the farmer's market
- a grocery store
- a community garden

If you can't find fresh food, buy frozen vegetables.

Fresh is Best

Fill your cart with fresh fruits and vegetables, low-fat dairy, lean meats, and whole-grain breads.

Shop along the edge of the store

SHOPPING TIP: You'll find the freshest food along the outside edge of the store. Avoid the processed foods in the inner aisles.

FOOD PANTRIES IN ANGELINA COUNTY

Christian Information Services Center: 501 S. Angelina Ave., Lufkin; (936) 634-2857; Monday-Friday: 9:30 am-11:30 am

Diboll Christian Outreach: 411 S. Hines St., Diboll; (936) 829-2737
Every Thursday: 9:30 am-11 am

Huntington Food Program: 702 N. Main St., Huntington; (936) 422-4311
2nd Thursday: 10 am-2 pm

Mission Texas - Harmony Hill BC: 2305 S. John Redditt Dr., Lufkin; (936) 632-1350; 3rd Wednesday: 9 am-11 am

Salvation Army: 412 S. Third St., Lufkin; (936) 634-5132
Monday, Tuesday, Thursday, Friday: 9 am-11:30 am

Zavalla Food Pantry - Grace Gospel: 162 Earl Miles Rd., Zavalla; (936) 897-2168; 1st & 2nd Tuesday: 8 am-10 am

Save Our Nations: 5569 US Hwy 69, Pollok; (903) 247-7283
Last Wednesday: 6 pm-7:30 pm

JD's Center of Hope: 1204 Cain St., Lufkin; (936) 633-6867
2nd Tuesday and 4th Thursday: 11 am-1 pm



ANGELINA COUNTY & CITIES
HEALTH DISTRICT

