CREATE SNAP-ED BETTER HEALTH™

Create a Grain Bowl

1 Choose a base


Quinoa


White Rice


Brown Rice


Oats


Pasta


Barley

2 Choose 1-2 cups of vegetables or fruits

VEGETABLES


Avocados


Carrots


Zucchini


Summer Squash


Green Beans


Peppers

Other Ideas
Asparagus
Cucumbers
Beets
Spinach

FRUITS


Mandarin Oranges


Mangos


Berries


Apples


Pears


Pineapples

Other Ideas
Grapes

3 Choose a protein


Egg (scrambled or over easy)


Beans or Lentils


Chicken


Beef


Pork


Fish


Shrimp

4 Choose a sauce, dressing, and topping

SAUCE OR DRESSING


Red Chili Sauce


Marinara Sauce


Salsa


Salad Dressing


Soy Sauce


BBQ Sauce


Pesto

TOPPINGS


Cilantro


Seeds


Nuts


Dried Fruit


Cheese


Olives


Bacon Crumbles

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SNAP benefits

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