

Nutrition & Healthy Eating Resources



Click on the links below for more information about nutritional resources in Pima County (Page 1 of 2)

Farmer's Markets

[Farmer's Markets in Southern AZ](#)

[Heirloom Farmer's Markets](#)
(WIC and SNAP accepted)

[Arizona Farmer's Market Nutrition Program locations](#)

Arizona Links

[U of A Nutrition Network](#)

[Sustainable Tucson Food & Agriculture links](#)

[Arizona Nutrition Network](#)

National Links

[ChooseMyPlate.gov](#)

[EatRight.org](#)

[LetsMove.gov](#)

[2015 Dietary Guidelines](#)



PIMA COUNTY
HEALTH DEPARTMENT

Nutrition & Healthy Eating Resources



Click on the links below for more information about nutritional resources in Pima County (Page 2 of 2)

Need help? Local food assistance resources:

[Community Food Bank of Southern AZ](#)

[Produce on Wheels \(POWWOW\) locations Spring 2016](#)
(\$10 for up to 60lbs of produce)

[Apply for Nutrition Assistance](#) (food stamps)

[Women, Infants, and Children \(WIC\) Program](#)
(Food assistance for low-income families)

[Senior Meal Programs](#)

[Pima Meals on Wheels](#)

[Food Plus and CFSP Program](#)
(Food assistance for senior citizens)