



NEWS RELEASE

Defense Commissary Agency

Corporate Communications

1300 E Avenue, Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 8-6105 DSN: 687-8000, Ext. 8-6105

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

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Media Contact: Kevin L. Robinson, public affairs specialist
Tel.: (804) 734-8000, Ext. 4-8773
E-mail: kevin.robinson@deca.mil

National Nutrition Month

12 ways your commissary can help restart your health, wellness goals

By Kathy Milley,
DeCA Corporate Communications

Note: Go the DeCA website to read this news release [online](#).

FORT LEE, Va. – Well into the new year, those “get healthy” resolutions often have fallen victim to busy schedules and daily diversions, but National Nutrition Month is here to help us get back on track.

“National Nutrition Month in March is a great time to reenergize those goals and recommit to a healthier lifestyle,” said Deborah Harris, the Defense Commissary Agency’s Health and Wellness Program Manager, MPH, RD, CDE (Masters of Public Health, registered dietitian and certified diabetes educator). “Your commissary is here to back you up and keep you motivated with the following tips.”

Use these 12 ways to help you become a savvy shopper to make those health and wellness resolutions a

1 PLAN AHEAD
→ Check out the Sales Flyer, Thinking Outside the Box Recipe & Coupons
→ Decide on a weekly menu
→ Gather all the recipes you will need
→ Make a grocery list

2 DIVIDE YOUR CART
Use a purse or jacket to visually divide your cart in half. Fill the half closest to you with fresh produce, everything else in the other.

3 READ FOOD LABELS
SUGAR
Sodium
TRANS FAT

4 CHOOSE FROZEN, CANNED, DRIED & FRESH PRODUCE
Frozen, canned and dried can be just as nutritious as fresh and will last longer.
WATCH OUT FOR: Added sodium & heavy syrups

5 USE THE NUTRITION GUIDE PROGRAM
Scan the aisles for this product tag
Here's what it means

6 ENJOY COMMISSARY BRANDS
A full line of high-quality food items equal to or better than national brands.
Healthy, wholesome GMO-free and organic options provide better choices through all natural ingredients.

7 PLANT-BASED OPTIONS
NOW AVAILABLE AT YOUR COMMISSARY

8 MEAT POWER BOXES
Healthy Alternatives
Economy
Fall Favorites
Tangines

9 COMMISSARY MEAL KITS
3 options
Delicious Meals, Ready whenever you are!

10 DIETITIAN-APPROVED RECIPE POSTERS
Recipe posters are digital upgrades to the products needed for the recipe.
Put them in your phone, take a photo of the poster in your cart with the ingredients and you are ready for a nutritious, home-cooked meal!

11 RESOURCES ON COMMISSARIES.COM
A wealth of information is available under the "Healthy Living" tab.

12 VISIT "YOUR COMMISSARY"
Don't Miss!
• Visit our app
• Visit our website
• Visit our social media
• Visit our blog
• Visit our YouTube channel
• Visit our Pinterest page
• Visit our Instagram page
• Visit our Facebook page
• Visit our Twitter page
• Visit our LinkedIn page
• Visit our RSS feed
• Visit our newsletter
• Visit our mobile site
• Visit our desktop site
• Visit our tablet site
• Visit our smart TV site
• Visit our voice search site
• Visit our chatbot site
• Visit our virtual assistant site
• Visit our augmented reality site
• Visit our virtual reality site
• Visit our mixed reality site
• Visit our extended reality site
• Visit our immersive reality site
• Visit our virtual world site
• Visit our virtual space site
• Visit our virtual environment site
• Visit our virtual world site
• Visit our virtual space site
• Visit our virtual environment site

reality. See the [infographic](#) for more details on each of the ideas.

1. **Plan Ahead.** Planning your meals for the week, creating a grocery list and looking for sales before you shop will save you time and money in the long run. Ensuring you have all the ingredients on hand makes it more likely that you will prepare a nutritious, home-cooked meal. Visit [commissaries.com](https://www.commissaries.com) to see the [sales flyer](#) and find [dietitian-approved recipes](#) to help you plan your menu. Be sure to find the “[Thinking Outside the Box](#)” recipe for the week in the sales flyer; the ingredients will be found on an end cap at special pricing.
2. **Divide your cart.** An empty cart, just like an empty stomach, can wreak havoc on smart food choices. Consider using a purse or jacket to visually divide your cart in half. Shop produce first and fill the half closest to you with fresh fruits and veggies; put everything else in the other half. Loading up on nutritious foods first will reduce the temptation to splurge. Overall, aim to fill 80 percent of your basket with nutritious food choices like fresh, frozen and canned produce, lean protein foods, healthy fats from nuts, oils and fish, whole grains, and lower fat dairy products.
3. **Read food labels.** Always compare products choosing those lowest in sodium, added fats and sugars. Labels may tout “low fat,” “low sugar,” or “all natural” but a deeper dive into the nutrition label and knowing the fat and sugar aliases will help you make sure you are getting something nutritious. The infographic lists some of the sneaky names for ingredients on nutrition labels.
4. **Choose frozen, canned or dried produce in addition to fresh.** Those options can be just as nutritious and will last longer. Always choose those options with the lowest amount of sodium and packed in its own juices – no heavy syrups or sauces.
5. **Use the commissary’s [Nutrition Guide Program \(NPG\)](#) labels to select the most nutritious option on the shelf.** Look for color-coded shelf tags highlighting nutrition attributes including low sodium, low fat, whole grain, no added sugar and great source of fiber. This easy-to-use grocery shopping resource allows you to quickly choose the best food options.
6. **Enjoy Freedom’s Choice food products, one of our [commissary store brands](#).** DeCA’s private label brands offer a high-quality, lower cost alternative to national brand products.
7. **Try new plant-based options.** Commissaries worldwide are now offering four new alternative meat options from Beyond Meat: Beyond Burger, Brat Sausage, Hot Italian Sausage and Plant-Based Ground Beyond Beef. These cholesterol-free, meat-free

options will help you meet health and fitness goals while offering a similar taste to animal proteins.

8. **Take advantage of Meat Power Boxes.** Participating commissaries offer 25-30 percent additional savings on meat power boxes. These include a Healthy Alternatives Box, an Economy box, a Tailgate box and a Fall Favorites box. Visit commissaries.com for [dietitian approved recipes](#) corresponding to the cuts of meat in each box.
9. **Choose commissary meal kits over the drive through for those busy days.** Don't let a busy day derail your health and wellness goals. Have a selection of quick and convenient commissary meal kits ready in your refrigerator. The kits, all under the Tyson Tastemaker brand, are only available at stateside commissaries. The four-portion meals come in **Fresh Meal Kits**, **One Pan Dishes** and **Premium Pairings** meal options. All meals contain fresh protein, flavorful sauces and finishing elements such as toppings, breading or vegetables. The individually wrapped ingredients are easily combined to create a tasty culinary delight with easy-to-follow directions or recipe cards, which are included with every meal.
10. **Enjoy convenience and a home-cooked meal.** Dietitian-approved recipe poster displays, which include an ingredient list and preparation directions, and the necessary ingredients are all displayed in one location in the store. Simply take a photo of the recipe poster then place the ingredients from the display into your cart. You have all you need to make a new recipe that focuses on high quality nutrition.
11. **Use the resources on commissaries.com to boost health and wellness.** There are many [tips, videos, articles and guidelines for healthy living](#) as close at hand as commissaries.com. From brown bag lunch ideas, tips to size up your servings and mastering healthy and flavorful cooking to a tracker to identify your food triggers, the healthy living section is a wealth of knowledge to help you keep on track.
12. **Follow “Your Commissary” on Pinterest.** The [Pinterest page](#) will keep you informed about commissary events, nutritious recipes and produce features, special product pricing, deals of the week, new products and commissary brand items and featured YES! (Your Everyday Savings) products just to name a few. It's a great resource to enhance your commissary benefit.

“We understand how important readiness and resilience is to our military community,” Harris said, “so we strive to offer high performance foods and easy-to-use, quick meal solutions and wellness resources to ensure our patrons meet their health and wellness needs while saving big.”

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Commissaries provide a military benefit, saving authorized patrons thousands of dollars annually on their purchases compared to similar products at commercial retailers. The discounted prices include a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*

Stay Connected to Your Commissary Benefit

COMMISSARIES.COM: Visit www.commissaries.com to learn more about the Defense Commissary Agency: check out the latest news, find a store near you, see what's on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions, submit a customer comment form online through DeCA's Your Action Line and more.

COMMISSARY CONNECTION E-NEWSLETTER: Stay connected with the latest news about your most valued benefit, Hot Links to additional savings, shopping sprees, contests, commissary promotions, events and more, go to www.commissaries.com/subscribe.cfm and subscribe to the Commissary Connection newsletter.

COMMISSARY CONNECTION BLOG: To see regular posts about topics of interest to commissary customers, including commissary news, human interest stories, shopping tips, videos and notifications about programs or events, go to <http://commissaryconnection.dodlive.mil/>. You can also subscribe to this forum by going to www.commissaries.com/subscribe.cfm.

FACEBOOK: Visit www.facebook.com/YourCommissary, DeCA's Facebook page, where you can post comments and share news, photos and videos.

YOUTUBE: To see DeCA's latest videos, visit www.youtube.com/DefenseCommissary.

TWITTER: To see DeCA's latest "tweets," visit www.twitter.com/YourCommissary.

PINTEREST: To see DeCA's theme-based image collections, visit <http://www.pinterest.com/YourCommissary>.

FLICKR: To see DeCA's latest photographs, visit <http://www.flickr.com/photos/commissary/>.

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