



### VETERAN NUTRITION PROGRAM

Restored Image, a 501(c)(3) located in Sarasota County, Sarasota, Florida, is proud to introduce our Veteran Nutrition Program. This program is designed to provide various nutritional foods, while helping to combat food insecurity in those within our veteran communities. Our Veteran Nutrition Program will ensure that our community participants' nutritional needs will be met, while conforming to the restrictions of their current living arrangements and cooking capacities.

During Restored Images previous work with our communities and partners, we have noticed small changes within requested items by our veteran population. Instead of asking for fresh fruits and vegetables, they stick to dry, nonperishable foods that can last them for long periods of time. Understandable, that with a lacking of adequate housing, and of course refrigeration, they may be less likely to choose fruits and vegetables and opt for unhealthy, processed foods, high in fats and sugars in the foods that are presented to them, whether that be through homeless shelters, local donations, or foraging.

Health studies have statistically shown that choosing unhealthy, processed foods, high in fats and sugars, may cause dietary insufficiencies. Those insufficiencies, put those we want to help within our communities, at further risk of vital vitamin A, vitamin C, iron, calcium, thiamine and other essential nutrients deficiencies that are needed for a healthy, functioning, human body.

Through our Veteran Nutritional Program, Restored Image will provide the necessary essential vitamins, minerals, and immune boosters to our participating veteran communities, allowing them to be less susceptible to future nutritional deficiencies. Our veterans need us to help sustain their health and well-being and through this program we will be ensuring, that those participants, have a higher chance of nutritional success, then those who go without while also providing sustainability for the future generations to come.