Your family will receive a TBC Food Card. With your Food Card, you will be able to choose from different food items at accredited shops showing a TBC Food Card sign in camp.

Using your Food Card, you will be able to choose from the following items:

- CTP Messaging for Nutrition
  - Rice
  - Eggs
  - Vegetables
  - Fish & Meat
  - Beans
  - Oil
  - Fish & Shrimp Paste
  - Spices
  - Sugar
  - Salt
  - Chili
  - Garlic

We need foods from ALL 3 FOOD GROUPS to have good nutrition. This is because the foods in each food group perform a special job in our bodies -- if we only eat foods from one group, we will not get the benefits from the other food groups.
It is important to remember to choose a variety of foods and not to just buy from one food group to ensure proper growth of your children and good health of your family. To help you to make good choices, you should choose foods from each of the 3 Food Groups every day!

3 Food Groups are:

**Energy Food Group:**
Carbohydrates and Fat provide you with energy to do all activities. The Energy Food Group includes rice, noodles, bread, oil, sugar and some vegetables such as potatoes and corn.

**Body Building Food Group:**
Protein foods can also be called “body-building” foods. These foods make bodies • Grow • Develop strong muscles • Repair the body after illness Sources of protein include all kinds of meats, beans and eggs.

**Protection Food Group (VITAMIN and MINERAL FOODS):**
Foods with lots of vitamins and minerals are also called “protective” foods. They are foods that help our bodies work properly and protect us from getting many kinds of diseases.

Sources of vitamins and minerals include all kinds of fruits and vegetables, as well as fortified foods like AsiaREMix and BabyBRIGHT.

Use your Food Card to choose foods from the 3 Food Groups every day for a balanced diet!