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:

Rice, Sugar, Oil, Fish & Meat, Eggs, Fish & Shrimp Paste, Beans, Vegetables, Spices, Garlic, Chili, Onions and Salt

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 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.

**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.

**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, fish and eggs.

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.