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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co 1th, 2024

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Homeless Students (N=34) Not Addressed (N: 12) 39 State Plans (76%) Addressed Food Insecurity Two State Plans (4%) Addressed Issues Of Hunger. 37 State Plans (73%) Indicated That Homeless And/or Migratory Students Would Be Provided Access To Free Meals Or Child Nutrition Programs O 6th, 2024

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