



Before Your Appointment: Bring this flyer to your visit. Use it to guide the conversation and take notes you can use later.

1. Are there specific foods I should prioritize based on my kidney stage and budget?
2. Are there foods I can safely limit or avoid that may help lower my grocery costs?
3. Can you refer me to a dietitian who understands kidney disease and budget friendly eating?
4. Are there community programs or prescriptions for food that you recommend?

1. What are the most affordable protein options that work for my kidney needs?
2. How can I plan meals using low-cost foods like canned, frozen, or dry goods?
3. Can you help me build a weekly meal plan that fits my budget?
4. What kidney friendly foods can I buy in bulk or store longer?

1. Am I eligible for food assistance programs?
2. Can you help me apply for SNAP, WIC, or local food benefits?
3. Are there food pantries or community meal programs that understand medical diets?

Use this section to keep everything in one place.

- Food pantry or community food program:
 - Name:
 - Address:
 - Hours:
- Farmers market programs or produce vouchers:
 - Program name:
 - How to access:
- Grocery delivery or transportation help:
 - Service name:
 - Cost or eligibility notes:

Questions to Ask Your Doctor

[illegible]



Questions to Ask Your Dietitian

Questions to Ask a Social Worker or Care Team Member

Local Support Resources

