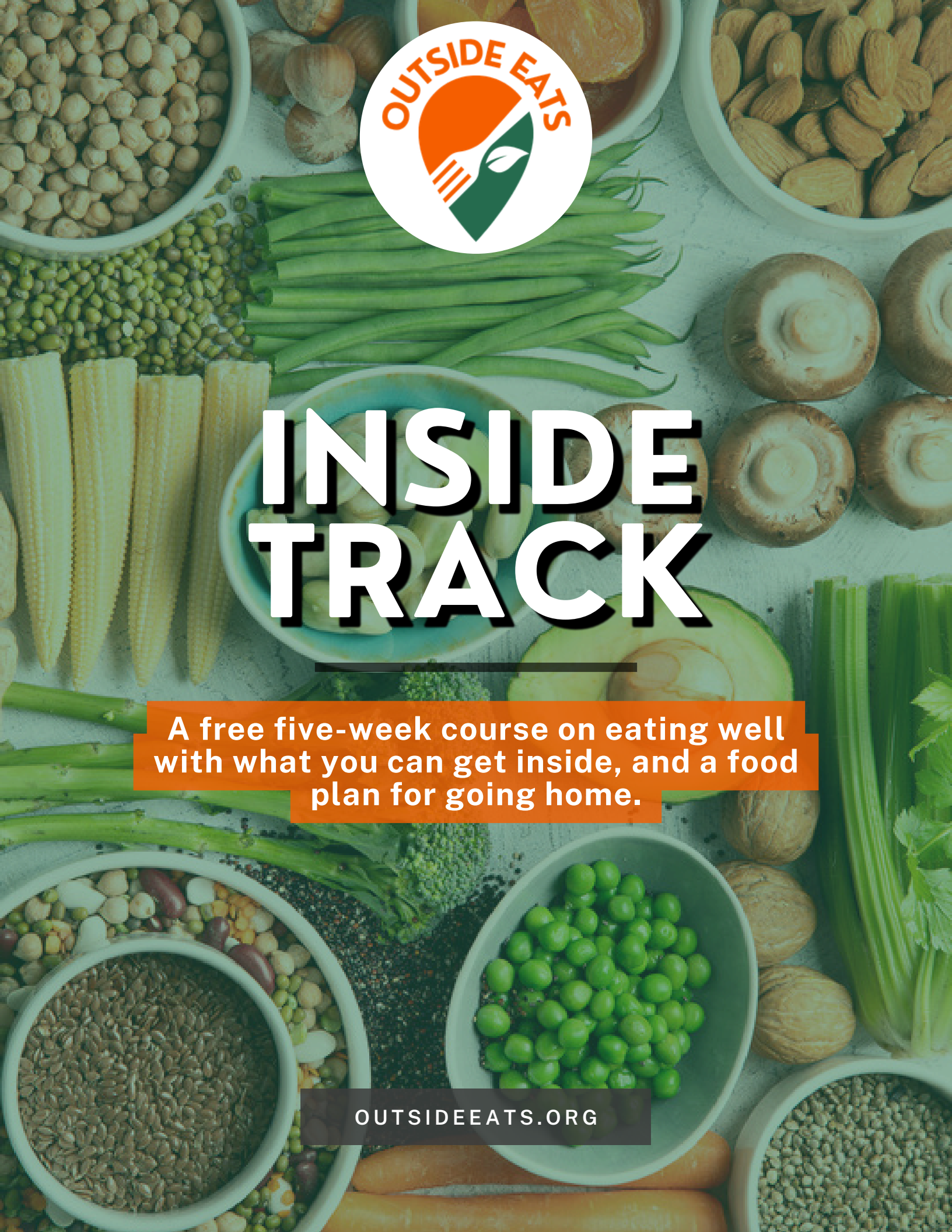
OUTSIDE EATS
INSIDE TRACK
A free five-week course on eating well with what you can get inside, and a food plan for going home.
OUTSIDEEATS.ORG

THE FIVE-WEEK COURSE

What you will learn

One short workbook a week. No kitchen needed. Keep every page.

WEEK 1: YOUR PLATE
Find the protein and fiber on your tray

WEEK 2: COMMISSARY
Stretch a small balance further

WEEK 3: NO KITCHEN
Six meals, no stove needed

WEEK 4: FUEL + MONEY
Read labels and set one small goal

WEEK 5: GOING HOME
Your first 72 hours and grocery list

ALWAYS FREE
No cost to learners, ever

BY MAIL OR IN CLASS
Black-and-white, mailroom-friendly

CERTIFICATE
Finish all five weeks to earn one

NO KITCHEN? NO PROBLEM.

Every meal works with a tray, a commissary list, hot water, or a microwave if your facility allows one.

HOW TO GET IT

Four free ways to start.

Pick the one that works where you are. Mail rules vary by facility.

WRITE TO US

MAIL YOUR NAME, ID NUMBER AND FACILITY ADDRESS TO: OUTSIDE EATS, PO BOX 290366, PORT ORANGE, FL 32129-0366

ASK STAFF

ASK EDUCATION OR REENTRY STAFF TO BRING INSIDE TRACK TO YOUR UNIT. FREE FOR FACILITIES.

FAMILY

Someone outside can sign you up at outsideeats.org and mail each week if your facility allows it.

SPONSORS

Want to help? Sponsor a learner at outsideeats.org. Every course is free to the person inside.

THE GOAL

Not perfection. Leave with a plan for your first week home and the skills to make your food money go further.