

Food for Thought

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Choose Veggies Everyday

(YHU\RQH FDQ HQMR\ DQG EHQHILW IURP HDWLQJ PRUH YHJHWD
7KH\ DUH SDFNHG IXOO RI YLWDPLQV DQG PLQHUDOV 6HH KRZ
GLIIHUHQW RQHGV\WR FDQVWDSHRSOH QHHG
DURXQGFXSV RHWBEOHV SHUWRDLQFOXGH D ZLGH
YDULHW\ RI FRORUV RI YHJHWDEOHV HYHU\ GD\ JUHHQ UHG R
\HOORZ SXUSOH DQG ZKLWH IRU JRRG KHDOWK
+HUH DUH WRPHU JWHSV

Buy vegetables that can help you save money and time.

x & K R

Healthy Power Bowls

Ace Your Base

6RXURH WWSV V DPDJRQDZV FRP DVVHWV FFH FRUQHOO HGX DWWD FKPHQWV (61<B1HZVB6
KWWSV IUXLWUDQGVRIULHVLZSRDQXWUSVZFRZCHWULHYHG

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

3DQKDQGOH %HQHZDK %RQQHU %RXQGDU\ .RRWHQDL

1RUWK &HQWUDO ,GDKR &OHDUZDWHU ,GDKR /DWDK /

7R FRQWDFW WKH (DW 6PDUN DQG DORQJH ZDWHU DW VPDUWLGDH
3KRQH (PDHNDOLJ#XLGDKR