

Food for Thought

January 2025

Making small changes can bring big benefits to your health in the New Year! Invite your family and friends to join and support you as you get healthy in the coming year. Follow these tips to get started:

Start your day with a glass of water. Drinking water first thing in the morning will hydrate you for the busy day ahead. Instead of drinking sugar filled drinks choose water throughout the day. If plain water isn't your favorite, add a squeeze of lemon, lime, or orange juice, or some cucumber or strawberry slices.



Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for Eat Smart Idaho in your County.

Panhandle: Benewah 12 or less! Pss! Pss! 2EMC /Span #MCID 3/Lang (en-US)BDC q39.72