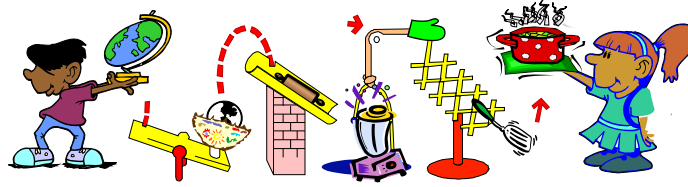


Meal Planning for the Planet!



Eat less empty calories and more Veggies!! What about growing your own?

Eat More Healthy Calories...

- ✓ Whole grain products - breads, oatmeal and cereals
- ✓ Fresh fruit - include canned & frozen fruit
- ✓ Fresh vegetables - include potatoes, squash, carrots, sprouts, and green veggies
- ✓ Beans and lentils - as salads and hot meals such as chile, bean casseroles, and wraps

Eat Less Empty Calories...

- ✓ High sugar, salt and fat refined food products
- this includes chips, sugary drinks - pop and fruit drinks
- ✓ Watch the amount of nuts, and animal products - these are high in fats and oils
- ✓ Other things to watch out for - ice cream, chocolate bars, and other foods with hidden calories, fat, salt and sugars !!!

Eat Fresh! Buy Local!

