

Use Food Stamps To Make Fruits And Vegetables A Part of Your Diet!

Remember to eat 5 A Day – 5 or more servings of colorful fruits and vegetables to stay healthy and fit.

- Choose and eat a variety of colorful fruits and veggies every day.
- Stock up on colorful fresh, frozen or canned fruits and veggies - all are good for you!
- Don't forget dried fruits like raisins and plums.
- Watch for sales on seasonal produce for fresh taste at a bargain.
- Buy precut fresh fruits and veggies and bagged salad greens when on sale for easy snacks and meals.
- Prepare fruits and veggies in tasty, healthy ways:
 - Steam, microwave or roast for quick flavor
 - Season with herbs, spices and/or small amounts of oil
 - Try raw fruits/veggies for easy snacks and salads



Garden Vegetable Cole Slaw



1 cup shredded cabbage	2 Tbsp vinegar
½ cup broccoli flowerets	2 tsp Dijon mustard
¼ cup sliced celery	1 tsp garlic powder
½ cup cherry or grape tomatoes	1 tsp sugar
2 Tbsp olive oil	salt & pepper to taste

1. Combine cabbage, broccoli, celery and tomatoes in a bowl.
2. Combine oil, vinegar, mustard, garlic powder and sugar in small jar or container with lid; shake to mix and pour over vegetables.
3. Mix in dressing, cover and chill a few hours before serving.

Make 4 servings. Provides 80 calories and 7 grams fat per serving.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your Senior Center director, your local Food Stamp office at your county Department of Family and Children Services, or a local food pantry.

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