CalFresh Healthy Eating Social Media Carousel Post Copy #1

Individual change becomes family change, which eventually leads to healthier, stronger communities! 💪🏽 Adults should aim for 2 cups of fruit and 2.5 cups of vegetables daily, while children should aim for 1 cup of fruit and 1.5 cups of vegetables daily. 🍓🥒   So what are you waiting for? Take a bite out of better health for you and your family! #CalFreshHealthyLiving and #UncoverHealthyHabits