

Adding more fruits and veggies to your plate and reducing sugary beverages are simple changes that can help create healthier futures for you and those you care about!



Add some

color to your

plate

Adults should strive for

2 cups of fruit and

2.5 cups of veggies

each day.

### Here are some great ways to start.

# Cook at home, your way

Preparing meals at home helps you control both your grocery budget and what goes into your body.

## Discover refreshing alternatives

Add your favorite fruits to water for a refreshing, healthier beverage choice.

#### To find more ways to build healthy, nutritious habits, visit,



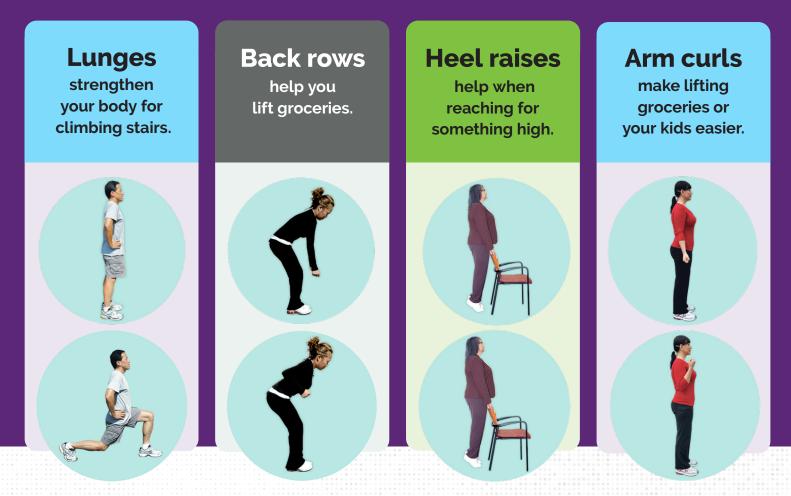






# Every bit of exercise you do helps you feel better, physically and mentally.

## Get your fitness routine started with these simple exercises.



To find step-by-step instructions on how to do these exercises and others you can do at home visit,







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