Hunting For Arizona Vegetables and Fruits

APPLES
CHERRIES
FRUITS
KALE
NUTRITIOUS
TOMATOES
CARROTS
EAT WELL BE WELL
GRAPEFRUIT
LEMONS
ORANGES
VEGETABLES
CAULIFLOWER
EGGPLANT
GROWN IN ARIZONA
LETTUCE
SPINACH

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more; in Maricopa County call 602-542-9935, outside of Maricopa County call 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was federally funded by USDA’s Supplemental Nutrition Assistance Program. -AZNN9/14

For healthy vegetable and fruit tips and games visit: EatWellBeWell.org