

# A HEALTH EDUCATION SERIES

# Free Event!

Featuring Guest Presenter:

**Mackenzie Femreite**

**Nutrition Advisor**

University of Idaho Extension Eat Smart Idaho



Topic:

**FRUITS AND VEGGIES  
POWER YOUR PLATE  
WITH COLOR**

**July 25, 2013**

**6:00 p.m.**



**Snake River Community Clinic**



**215 10th Street, Lewiston**

Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time. Eat plenty of veggies like these: dark green veggies (e.g., broccoli, spinach, brussel sprouts); orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash); beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils). Source: Centers for Disease Control and Prevention - <http://www.cdc.gov>.



**Public Health**  
Idaho North Central District

For more information, contact Deb Merica at  
Public Health - Idaho North Central District (208) 799-0379.

[www.idahopublichealth.com](http://www.idahopublichealth.com)