

A HEALTH EDUCATION SERIES

Free Event!

Featuring Guest Presenter:

Julie Kenkel, M.Sc.

Eat Smart Idaho Nutrition Advisor

University of Idaho Nez Perce County Extension



Topic:

FITTING IN YOUR
FRUITS AND VEGGIES

February 20, 2014

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, brussels 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