



**Flavor your
water with
fruit. Try
strawberries!**



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

Content developed by County of Sonoma, Department of Health Services.



**Pack bags of
fruits and
vegetables for
a healthy snack
on the go.**



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**For a healthy
crunch, snack
on vegetables
instead of
chips.**



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**Keep cut-up
fruits and
vegetables
handy for
quick snacks.**



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Serve
vegetables
with lowfat
dips like
hummus or
salsa.



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**Mix nuts,
dried fruit,
and whole
grain cereal
for a healthy
snack.**



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