

## Make Half Your Plate Fruits and Vegetables.

Healthy changes start with your shopping cart.

**Buy fresh fruits and vegetables** 

that are in season. They have more flavor and can cost less.

Eat Smart New York can help you fill half your plate with fruits and vegetables.

Plan your meals ahead of time<br/>and make a grocery list. You'llVisit www.otda.ny.gov/programs/<br/>nutrition/resources.asp for information<br/>and tips to help build a healthy plate.grocery list.





Network for a Healthy California

**PublicHealth** 

For more **Eat Smart New York** information, call 1-800-343-8859 x 2-3008. Funded by USDA, an equal opportunity provider and employer. This poster was developed and reproduced with permission from the California Department of Public Health's *Network for a Healthy California*. | 7/13-ESNY