



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.

Plan your meals ahead of time and make a grocery list. You'll save money by sticking to your grocery list.

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

Visit www.otda.ny.gov/programs/nutrition/resources.asp for information and tips to help build a healthy plate.

