



TIME FOR CHANGE

What's in...

1.

Stop, look, and listen.

Be mindful of your eating habits.

2.

Chop, dice, and slice.

Eat less processed foods and cook more at home.

3.

Plan your meals.

Set a budget and shop at home first.

4.

Eat locally grown food.

Make the farmer's market your grocery store.

5.

Eat like it's 1899.

Bring back food traditions like canning and pickling.



 **CORPORATE WELLNESS**
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