



# 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.



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