

Door hanger instructions: For best results, print this door hanger on heavyweight paper, such as card stock. Cut out door hanger along the dashed black lines and fold along dashed gray line. Secure open edge with translucent tape. Before printing, type your store's name, address and hours into the blank area using Acrobat Reader.

We **STOCK** healthy
so you can
SHOP healthy!

We have expanded the choices at your community store, so you can choose healthy options the next time you visit.

Come and see what's new!

Stock Healthy  **Shop Healthy**

UNIVERSITY OF MISSOURI EXTENSION

Choose healthy

- Fruits and vegetables
- Whole grains
- Low-fat or nonfat dairy

Did you know?

Fresh, canned or frozen ... it's all good for you. All fruits and vegetables help you look good, feel good and stay healthy.

Every serving of whole grain in your diet helps. Health benefits can come from as little as one serving daily. Try brown rice or 100 percent whole wheat bread.

Both children and adults need dairy foods to build and keep bones strong. Try low-fat fruit-flavored yogurt for a snack. Yum!

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