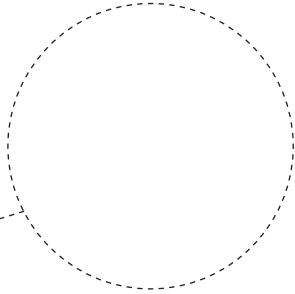


Two-sided door hanger instructions: For best results, print this two-sided door hanger on heavyweight paper, such as card stock. If your printer is capable of printing two-sided make sure to select "two-sided" in the printer dialog box. If your printer is incapable of two-sided printing, you will have to print each side separately. Your printer tray should have an illustration inside to help you figure out how to get proper orientation for the second side. After your door hangers are printed, cut along dashed lines. Before printing, type your store's name, address and hours into the blank area using Acrobat Reader.



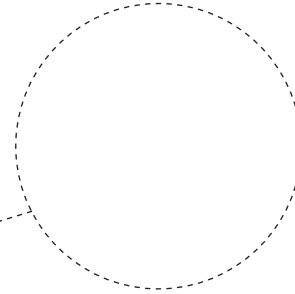
We **STOCK** healthy
so you can
SHOP healthy!

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!



UNIVERSITY OF MISSOURI EXTENSION



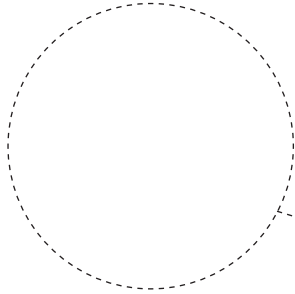
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Choose healthy

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

Did you know?

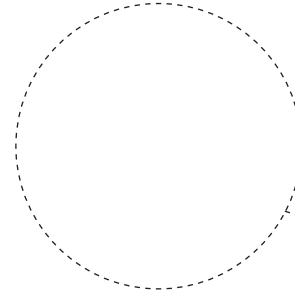
Fresh, canned or frozen ... it's all good for you. All fruits and vegetables help you look good, feel good and stay healthy.

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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