

Avocado

Add avocado as a side to your favorite dish—it's nutritious and delicious!



Visit CalFreshHealthyLiving.org for healthy tips.
Funded by USDA SNAP, an equal opportunity provider and employer.

Fresh Salsa

Healthy, tasty &
easy to make!



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Fruit Salad

A colorful,
vitamin-rich
dessert or
snack!



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Grab & Go!

Choose healthy
snacks to
get up
& go.



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