

2021 Arcadia Mobile Market

Visits: 9

Servings: 170

Total: \$94.65

EAT A RAINBOW

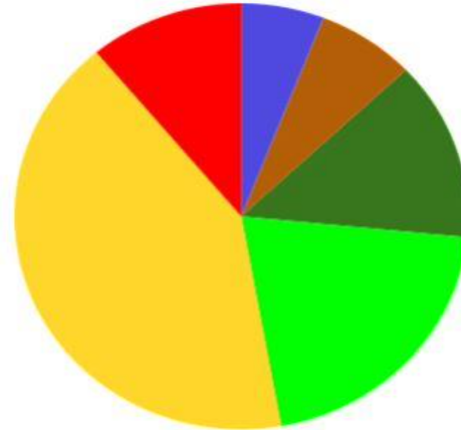
An easy way to eat right is to fill at least half your plate with vegetables and fruits, and to try to eat all the colors of the rainbow every day, especially lots of greens. Different colors of produce have different nutrients, so eating a rainbow means you get as many as possible.

Your Personal 2021 Eating Rainbow

THIS IS YOUR PERSONAL EATING RAINBOW CHART, BASED ON THE PERCENTAGE OF COLORS OF PRODUCE YOU PURCHASED AT THE MOBILE MARKET LAST YEAR. TURN THE PAGE FOR SUGGESTIONS ON WHAT VEGETABLES TO ADD TO MAKE YOUR DIET EVEN HEALTHIER!

YOUR 2021 PURCHASES

Asian Pears	\$6.25
Blueberries	\$3.50
Broccoli	\$1.95
Cabbage	\$8.59
Cantaloupe	\$3.00
Corn	\$3.96
Cucumber	\$1.95
Garlic	\$1.00
Kale	\$4.00
Okra (Pound)	\$3.72
Peaches	\$20.72
Peppers (Bell)	\$2.40
Plums	\$3.75
Potatoes	\$5.25
Potatoes (Sweet)	\$5.01
Tomatoes (Red)	\$9.50
Watermelon (Small)	\$6.10



You spent \$82.2 in nutrition benefits at the Mobile Market in 2017, including:

SNAP	\$0.00
PPP	\$64.20
Loyalty	\$18.00
WIC	\$0.00
Sr FMNP	\$0.00