## 2021 Arcadia Mobile Market

**Purchase Report: Member #12** 

Thanks for being a Loyalty Member at the Arcadia Mobile Market! Based on your purchases last year, consider adding more Brown/White and Blue/Purple to your diet this season to make sure you get all the nutrients you need for a healthy diet!

Remember, the Arcadia Mobile Market doubles your SNAP, WIC, and SR FMNP purchases so you get even more great food for your money!

## Red

Good for the heart and can help to lower the risk of heart disease. TIP: Ketchup is NOT a vegetable TRY: Beets, red pepper, red apples, tomatoes