

# 2021 Arcadia Mobile Market

## Purchase Report: Member #12

**Visits: 2**

**Servings: 26.9**

**Total: \$19.00**

### 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

Crimini Mushrooms	\$6.00
Scallion/Green Onion	\$1.00
Garlic	\$12.00



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

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Thanks for being a Loyalty Member at the Arcadia Mobile Market! Based on your purchases last year, consider adding more RED 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

### BROWN/WHITE

Great for removing toxins from the liver and reducing inflammation that accumulates in the body from the stresses of everyday life.

TIP: Don't confuse white-colored natural foods with highly processed foods that are white in color like rice, white bread, and pudding  
TRY: Garlic, jicama, parsnips, mushrooms, cauliflower

### GREEN/LIGHT GREEN

Great for fighting cancer and maintaining strong bones and joints.

TIP: When eating out, most salads are made from iceberg lettuce which is very light green in color and contains very little nutrition. Instead ask for a salad made from romaine, spinach or kale which is much more nutritious.

TRY: Kale, spinach, asparagus, mustard greens, arugula and pudding  
TRY: Garlic, jicama, parsnips, mushrooms, cauliflower

### BLUE/PURPLE

Helps to stabilize blood pressure, lower cholesterol, and improve memory.

TRY: Purple potato, red cabbage, blueberries, eggplant, plums

### YELLOW

High in Vitamin C which helps boost the immune system. They are also important for eye and vision health - so eat those carrots!

TRY: Carrots, winter squash, sweet potatoes, yellow peppers