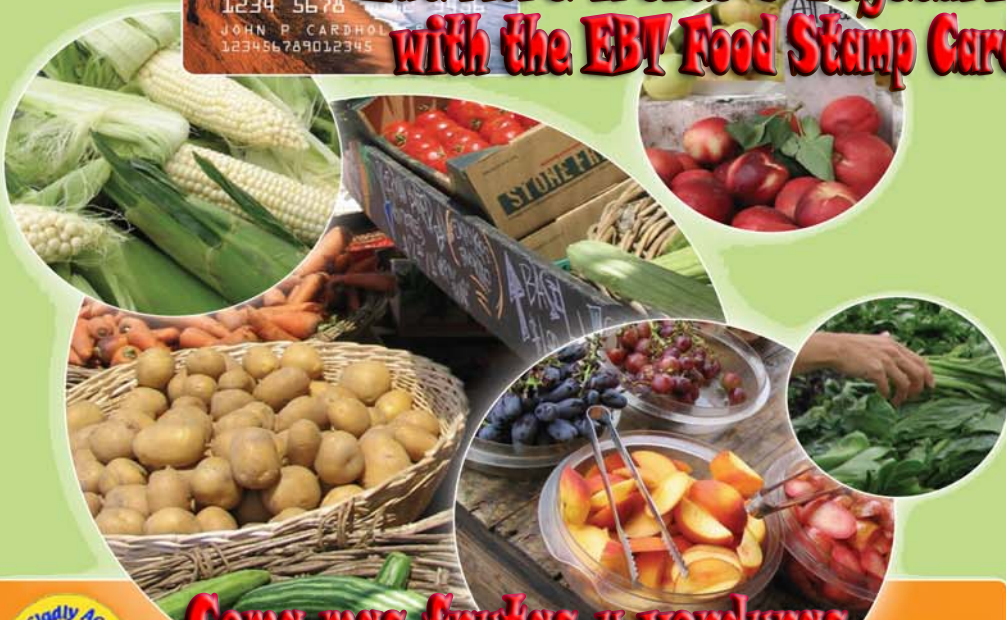




**Eat more fruits & vegetables
with the EBT Food Stamp Card**



**Coma mas frutas y verduras
con Estampillas de Comida EBT**



HEART OF THE CITY FARMERS' MARKET

**CIVIC CENTER, MARKET AND HYDE
SAN FRANCISCO**

**SUNDAYS & WEDNESDAYS
7AM-5PM 7AM-5:30PM**

415-558-9455



People who eat a variety of fruits and vegetables are generally healthier and report having more energy than people who do not. Eating fruits and vegetables can help prevent: obesity & overweight, diabetes, stroke, high blood pressure, and heart attacks.

Gente que come una variedad de frutas y verduras son generalmente más sanos e tiene más energía que la gente que no lo hace. Comer las frutas y verduras puede ayudar a prevenir: obesidad, la diabetes, alta presión, y ataques del corazón.



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. To find out more, contact (888) 328-3483.