

ADD MORE VEGGIES TO YOUR ROUTINE

Feature a new vegetable each week by **visiting a farmer's market** on the weekends.

Switch up your plant-based proteins. Stock your kitchen with options like beans (lentils, chickpeas, black beans, pinto beans), nuts, tofu, eggs and/or low-fat dairy products.

Try a new recipe.

Involve the family by having kids or other family members help cook the meal.



Center for Community Health & Prevention