

We're  
up for  
**GRABS!**

**FRESH**

**FROZEN**

**CANNED**

**All Good Options!**

Enjoy  
**Veggies  
& Fruit**

with every  
meal & snack!

For tips and ideas, visit:  
[www.lghealth.ca/Veggies&Fruit](http://www.lghealth.ca/Veggies&Fruit)



Labrador - Grenfell  
**Health**