



**Don't give  
us the COLD  
shoulder!**

**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**