

Come Visit Careville's Healthy Eating Market



Hectic schedules and easy access to fast food mean that we don't always eat as well as we should. And as we age, our bodies have different nutritional requirements which we need to understand. The Careville Healthy Eating Market can help you and your family learn how to get the nutrition you need and develop a healthy relationship with food. Log on to get resources, information, and tools to help you make smart choices for snacks, and encourage healthy weight and lifelong nutrition.

Visit the Healthy Eating Market today and read about:

- Choosing a Healthy Diet
- The Importance of Physical Activity and Good Nutrition
- What Should Seniors Eat?
- Good Eating Habits for Your Toddler
- Snack Smart for Healthy Teeth

To get to Careville Healthy Eating Market:

- Visit www.ACFCcares.com
- Click on the link to Careville
- Click on the Healthy Eating Market



And while you're there, take advantage of the Online Shopper, which lists local grocery stores that will deliver to your home and virtual stores that ship throughout the U.S. Save time and money as you shop from home, find recipes, and take advantage of specials. To use the Online Shopper, click on the computer in the Healthy Eating Marketplace.