

Hero Mom Success Card #1



“Planning saves me money on fruits and vegetables.”

Alma P.

Stay-at-home mom
One child, age 14 months

Compare Prices and Try Store Brands

They often cost less than name brands but have the same nutritional value. Most store brands taste as good as name brands.

Visit a Farmers' Market

Try a farmers' market to save money on fruits and vegetables — many accept EBT cards.

Quick and Healthy

Visit www.cachampionsforchange.net to learn about quick and healthy recipes that use ingredients you can keep on hand. Your family is sure to enjoy them, and they can be cheaper than going out to eat.

Mail the enclosed reply card to get **FREE** 'mom-tested' tips and recipes!

www.cachampionsforchange.net

