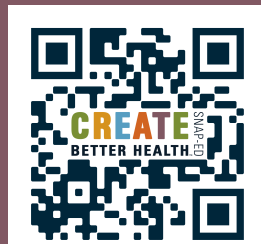


# Your Health, Your Choice



HEALTHY CHOICES **CREATE** BETTER HEALTH.



**CREATE** SNAP-ED  
BETTER HEALTH

Learn more at  
[CreateBetterHealth.org](http://CreateBetterHealth.org)

Extension  
[UtahStateUniversity](http://UtahStateUniversity)



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see [equity.usu.edu/non-discrimination](http://equity.usu.edu/non-discrimination).