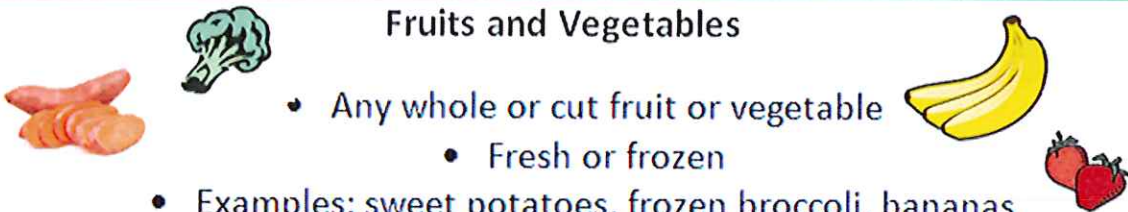
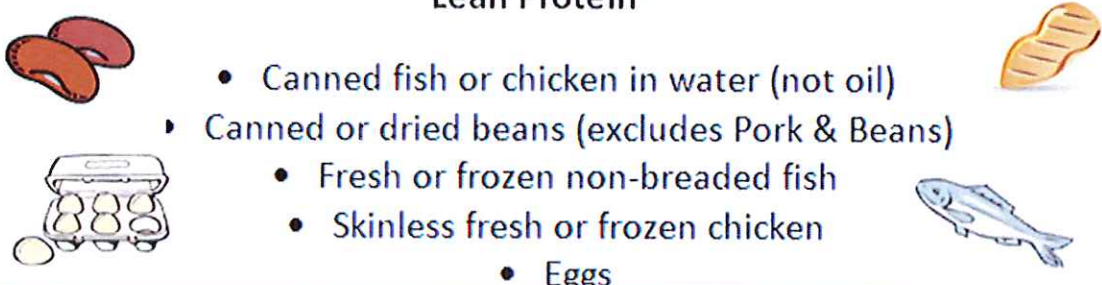
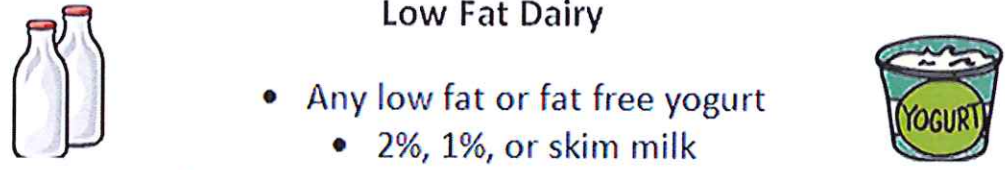
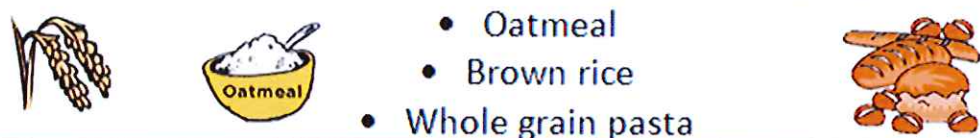


# Get \$10 Off Of These Healthy Choices

Shopping healthy just got easier! Order at least \$10 of these healthy foods and we will take \$10 off your first order. Don't just order once – we will give you \$10 off on special holidays too!

	<h3>Fruits and Vegetables</h3> <ul style="list-style-type: none"><li>• Any whole or cut fruit or vegetable<ul style="list-style-type: none"><li>• Fresh or frozen</li></ul></li><li>• Examples: sweet potatoes, frozen broccoli, bananas</li></ul>
	<h3>Lean Protein</h3> <ul style="list-style-type: none"><li>• Canned fish or chicken in water (not oil)</li><li>• Canned or dried beans (excludes Pork &amp; Beans)</li><li>• Fresh or frozen non-breaded fish</li><li>• Skinless fresh or frozen chicken</li><li>• Eggs</li></ul>
	<h3>Low Fat Dairy</h3> <ul style="list-style-type: none"><li>• Any low fat or fat free yogurt<ul style="list-style-type: none"><li>• 2%, 1%, or skim milk</li></ul></li><li>• Other milk varieties: lactose free, soy, almond milk</li></ul>
	<h3>Whole Grains</h3> <ul style="list-style-type: none"><li>• 100% whole wheat: loaf bread, English muffins, bagels, or rolls</li><li>• Oatmeal</li><li>• Brown rice</li><li>• Whole grain pasta</li></ul>

Questions? Call the Baltimarket program at 410-545-7544 or email [laura.flamm@baltimorecity.gov](mailto:laura.flamm@baltimorecity.gov)



[www.baltimarket.org](http://www.baltimarket.org)



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