

# HEALTHY FAMILIES HEALTHY FUTURES

*Join the Fruit & Vegetable Prescription Program!  
Receive \$1 a day per family member to buy produce*

*"Instead of choosing soda, candy or chips, my daughters choose bananas, apples or oranges when they go to the store!" - FVRx Family*

Food Demos • Family Activities • Vouchers

## AM I ELIGIBLE?

- Families with children ages 3 to 6 years old
- Women who are pregnant or gave birth in the last 3 years
- All income levels welcome
- Must be a Navajo Nation resident
- Program does not interfere with current food benefits

Call today! Phone #: \_\_\_\_\_

Wholesome Wave



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