



# Healthy Starts Here

## Taking small steps to healthy habits

FOR TIPS AND RECIPES VISIT  
[www.AZHealthZone.org](http://www.AZHealthZone.org)

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**Please sell these items in your store:**  
(check one or more)

- ☐ Fresh fruits, including \_\_\_\_\_
- ☐ Fresh vegetables, including \_\_\_\_\_
- ☐ Low-fat dairy, including \_\_\_\_\_
- ☐ Whole grains, including \_\_\_\_\_
- ☐ Low-No calorie drinks
- ☐ Healthy deli sandwich
- ☐ Low-sodium canned vegetables, soup or beans
- ☐ Canned fruit in 100% juice
- ☐ Other \_\_\_\_\_

**Thank you! Name** \_\_\_\_\_