

Do You Have a LINK Card? If So, Join Our FREE Fresh Produce Program

VeggieRx

SUMMER S.N.A.P. PROGRAM

This FREE program for LINK card participants includes:

- Free bag of locally grown, organic vegetables each week
- Weekly 20-minute cooking/nutrition classes that include samples of new and tasty recipes
- 10 coupons each week to double your SNAP purchases at Windy City Harvest farm stands

Where: Loyola Center For Health in Maywood
1211 W. Roosevelt Road, Maywood, IL

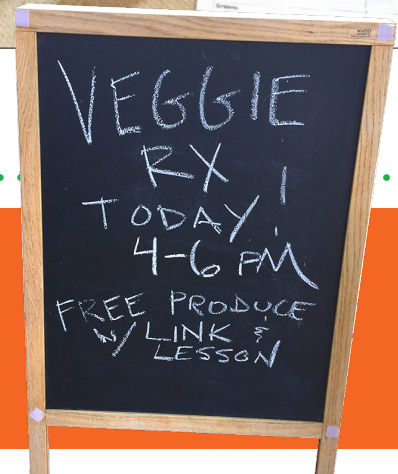
Dates: Thursdays, June 6 - November 14

Times: Produce pick-up - 4:00-6:00pm
Cooking demos - 4:00, 4:45, and 5:15pm

For More Information:

Ask your health care provider or contact

Mary Mora: mdanza@luc.edu • 708.531.5929



BRING A FRIEND! All are welcome to attend the weekly simple cooking/nutrition classes and shop at the low-price farm stand located outside of the Loyola Center For Health in Maywood.



LOYOLA
UNIVERSITY
HEALTH SYSTEM
We also treat the human spirit.®



Preparing people to lead extraordinary lives

CHICAGO BOTANIC GARDEN
Windy City Harvest



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FOR HEALTH**
Sowing Seeds to Ignite Change