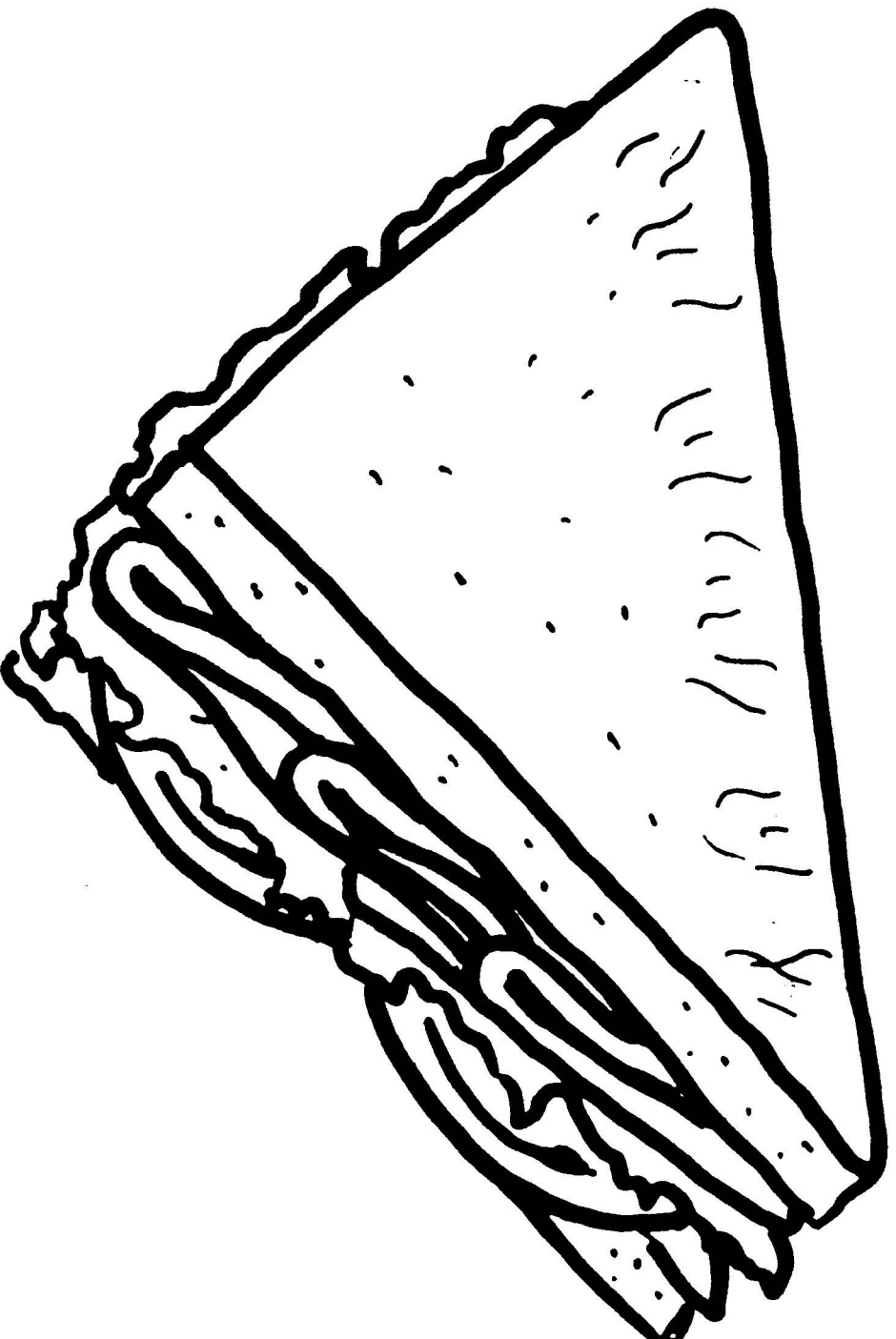


# sandwich

SW 72



UNIVERSITY OF ILLINOIS  
EXTENSION

Graphics by Mary Connors 2001

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>