

soup



sopa

soy sauce / vinegar



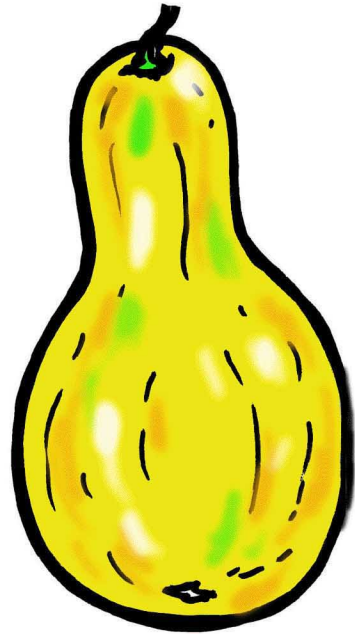
salsa de la soja / el vinagre

spinach



espinaca

squash



calabacines



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Extension Website: <http://web.aces.edu/wellnessways>
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.