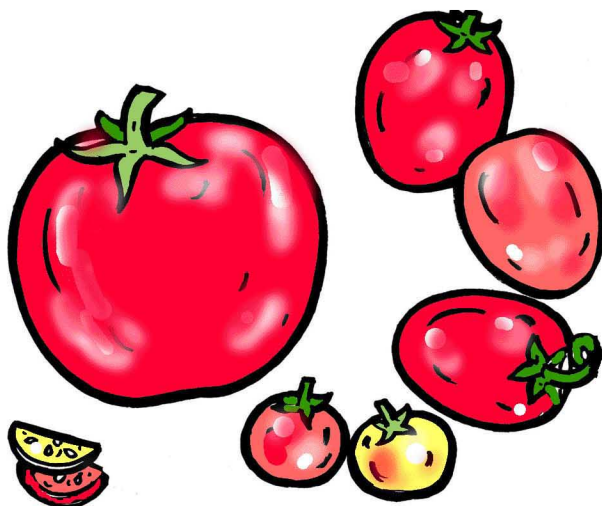


tofu / miso



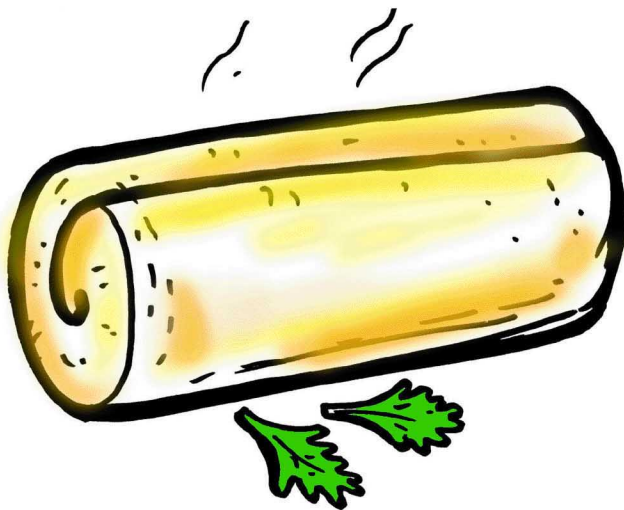
tofu / miso

tomato



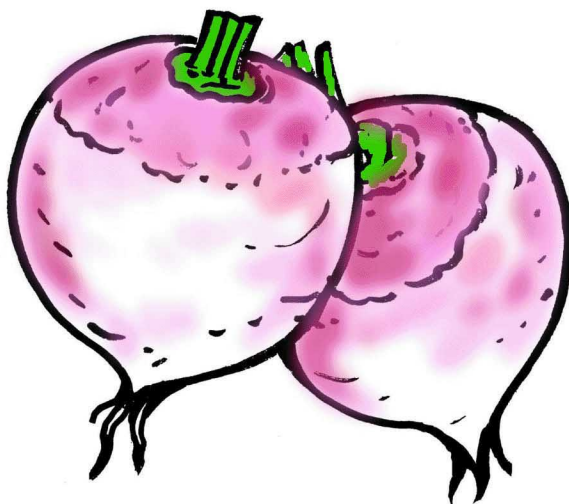
tomate

tortilla



tortilla

turnip



nabo



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.