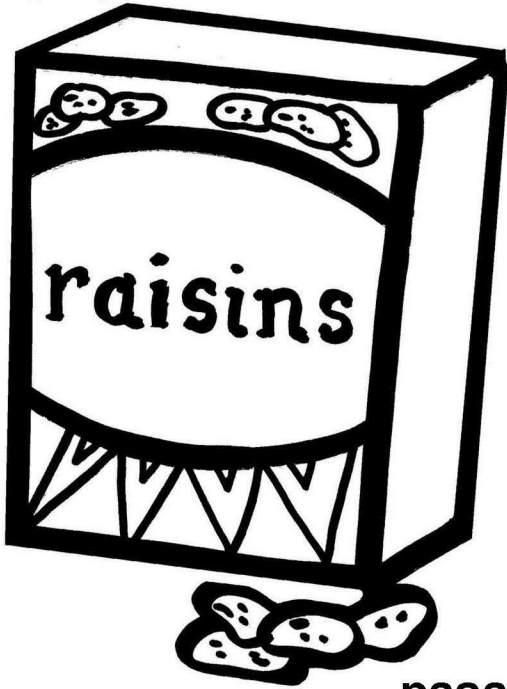


raisins



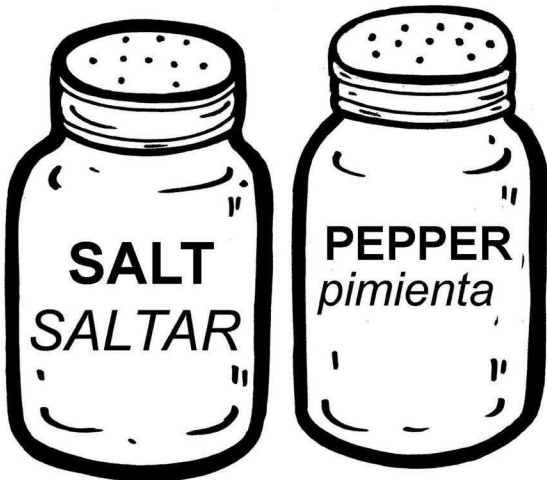
pasas

rice



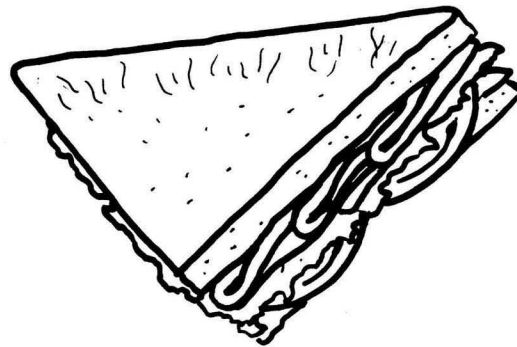
arroz

salt and pepper



saltar y pimienta

sandwich



emparedado



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.