



EAT WELL

NANA'S  
FROZEN  
PEAS

NANA'S  
FROZEN  
VEGETABLE  
MEDLEY  
CARROTS  
CAULIFLOWER  
BROCCOLI

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BARRIE'S  
FRESH  
BERRIES

STRAWBERRY  
SOCIAL

# FOOD FOR THOUGHT

## EAT MORE FRUITS & VEGETABLES

Fruits and Vegetables - canned, fresh, or frozen - are a great source of vitamins and minerals. They are full of fibre and are great for helping maintain good health. They can even protect against cancer and other chronic diseases.

Learn more at [livewellpei.ca/eatwell](http://livewellpei.ca/eatwell)



**LIVE WELL PEI**  
together we can

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