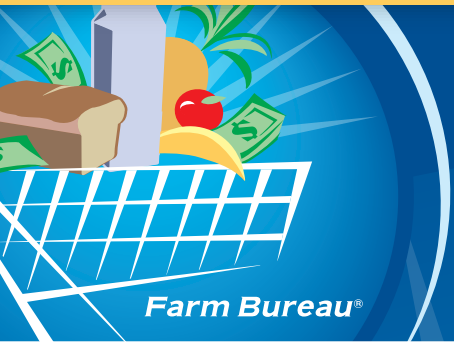


# FOOD CHECK-OUT WEEK®



*STRETCHING YOUR  
GROCERY DOLLAR WITH  
HEALTHY, NUTRITIOUS FOOD*

**BETTER  
NUTRITION  
ON A TIGHT  
BUDGET**

**HOW MUCH  
SHOULD I  
EAT?**



**WHAT  
MyPyRAMID  
MEANS**

**UNDERSTANDING  
FOOD LABELS**



**Farm Bureau®**