

CHOOSE OFTEN

ELIJA FRECUENTEMENTE



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



**American
Heart
Association.**

CHOOSE SOMETIMES

ELIJA A VECES



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



**American
Heart
Association.**

CHOOSE RARELY

ELIJA CON POCA FRECUENCIA



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



**American
Heart
Association.**