

Did You Know?

Spinach and other dark leafy greens are full of nutrients that help protect against cancer, heart attack, stroke and loss of eyesight.

Spinach in any form –
fresh, frozen, or canned
– is good for dinner!



The Kansas Food Assistance Program promotes good health by providing extra grocery money to eligible people of all ages. For more information, please call the toll free number below.

SRS Service Center
1-888-369-4777

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