Did You Know?

Tomatoes, catsup, salsa and tomato sauce are nutritious and are quick and easy to eat. Studies show that nutrients in tomatoes may help prevent cancer, including prostate cancer, and heart disease. You can add fresh or canned tomatoes to pizzas, pastas, salads, soups, stews -- or enjoy eating them plain!

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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