

# CHANGE FOR CHANGE

Choose healthy foods and earn cash rewards!

**Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.**

Visit Super 1 Foods to see what healthy foods are discounted today!

305 West Kathleen, Coeur d'Alene, ID 83815

- Receive a \$1.00 reward when you purchase any of the healthy food items on special.
- Receive a \$5.00 reward when you purchase ALL 4 items.

*Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least \$25.00 to participate.*





Find Recipes, Tips, and More at [EatSmartIdaho.org](http://EatSmartIdaho.org)

## Berries with Orange Cream

### INGREDIENTS:

- 1 pint blueberries
- 1 pint blackberries
- 1 pint raspberries
- 1 Cup non-fat plain Greek yogurt
- 4 packets Stevia
- 1/8 teaspoon finely-grated orange rind
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon almond extract

*Makes 4 servings.*



This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.



Let's get healthy together.



## ALWAYS WASH HANDS BEFORE PREPARING FOOD!

### Directions:

1. Wash berries and pat dry.
2. Sprinkle 2 packets Stevia over berries and set aside.
3. In a small bowl, combine the yogurt, sour cream, 2 packets Stevia, orange rind, vanilla, and almond extracts.
4. Spoon berries into 4 goblets or dessert bowls.
5. Top with yogurt mixture. Enjoy!

