

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

Cranberry Apple Tuna Pockets

INGREDIENTS:

- 3 ounces canned tuna, packed in water and drained
- 1/4 Cup frozen cranberries
- 1/2 apple
- 1 teaspoon olive oil mayonnaise
- 1 teaspoon stone ground mustard
- 1 whole wheat pita pocket
- 1/4 Cup arugula

Makes 2 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 apple, core, and chop. Wash arugula and thoroughly drain.
2. Thaw frozen cranberries in the refrigerator for at least 2 hours. Once thawed, roast over medium/high heat in a skillet with 1 teaspoon olive oil until slightly browned.
3. In a small bowl, combine the tuna, roasted cranberries, apple, mayonnaise, and mustard. Stir to combine.
4. Cut the pita in half and fill each half with the tuna mixture. Add the arugula and enjoy!

