

No time to eat?

*“Take me
with you”*



PACKING CONVENIENT FRUITS LIKE APPLES
is an easy way to add heart healthy fruits
& vegetables to your day.

GET YOUR HEALTHY EATING PACKET!
Search **“SoGood”** on nyc.gov or call 311.
To find a Farmers’ Market near you, text **“SoGood”** to 877877.

NYC
Health

In a hurry?

***“Take me
with you”***

PACKING CONVENIENT FRUITS LIKE BANANAS
is an easy way to add heart healthy fruits
& vegetables to your day.

GET YOUR HEALTHY EATING PACKET!
Search **“SoGood”** on nyc.gov or call 311.
To find a Farmers’ Market near you, text **“SoGood”** to 877877.

NYC
Health

Running late?

*“Take us
with you”*



PACKING CONVENIENT VEGETABLES LIKE CARROTS
is an easy way to add heart healthy fruits
& vegetables to your day.

GET YOUR HEALTHY EATING PACKET!
Search **“SoGood”** on nyc.gov or call 311.
To find a Farmers’ Market near you, text **“SoGood”** to 877877.

NYC
Health

On the go?

***“Take us
with you”***



PACKING CONVENIENT VEGETABLES LIKE CELERY
is an easy way to add heart healthy fruits
& vegetables to your day.

GET YOUR HEALTHY EATING PACKET!
Search **“SoGood”** on nyc.gov or call 311.
To find a Farmers’ Market near you, text **“SoGood”** to 877877.

NYC
Health

Gotta run?

*“Take us
with you”*



PACKING CONVENIENT FRUITS LIKE GRAPE TOMATOES
is an easy way to add heart healthy fruits
& vegetables to your day.

GET YOUR HEALTHY EATING PACKET!
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