



Heart Smarts

MONTHLY LESSONS

Tuesday 9-3-24

Roldany Supermarket 10am-12pm
3150 Westfield Ave. Camden, NJ

Alex's Grocery Store 12:30-2:30pm
2150 Berwick St. Camden, NJ

Tuesday 9-10-24

Wendy Supermarket 10am-12pm
3325 Westfield Ave. Camden, NJ

Luz Grocery 12:30-2:30pm
3920 Westfield Ave. Pennsauken, NJ

Tuesday 9-17-24

Litwin Market 10am-12pm
801 Elm St. Camden, NJ

Junior Supermarket 12:30-2:30pm
2926 Federal St. Camden, NJ

Tuesday 9-24-24

Riverfront Supermarket 10am-12pm
130 Dr. Martin Luther King Blvd. Camden, NJ

New Village Supermarket 12:30-2:30pm
1024 Carl Miller Blvd. Camden, NJ



RECEIVE FREE:

Nutrition information
Healthy recipes
Kitchen giveaways
Receive \$5 in coupons to purchase healthy food items.

\$5

Heart Bucks

A program of The Food Trust

Get heart-healthy!



\$5

FOOD COUPON

Use this coupon to get \$5 off heart-healthy food in participating corner stores. See back for tips. NO EXPIRATION

Look for these heart-healthy foods...

FRUITS & VEGGIES
fresh, frozen, canned

NON-FAT, SKIM OR 1% LOW-FAT
milk, yogurt

WHOLE GRAINS
whole grain listed as the first ingredient—pasta, rice, bread, flour

NO SODIUM ADDED
dry beans, nuts, seeds

HEALTHY PROTEINS
fish, poultry, eggs, peanut butter

NO SUGAR ADDED
water, 100% juice*
*noted for juice in single-serving (8 ounces or less) or family-size containers (all sizes or larger)

The FOOD TRUST

Proudly sponsored by CardioSmart

Part of the Heart Team





Heart Smarts

LECCIONES MENSUALES

Martes 9-3-24

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RECIBE GRATIS:

Información nutricional

Recetas saludables

Regalos para la cocina

Recibe \$5 en cupones para comprar
alimentos saludables



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