



# Visit a Farmers Market!

Locally grown foods:

- are fresh and tasty
- are a healthy choice
- offer a variety of food
- support your local economy

Visit Minnesota Grown at [www.minnesotagrown.com](http://www.minnesotagrown.com) for a list of over 950 farmers markets, orchards and berry farms.



Minnesota Diabetes &  
Heart Health Collaborative

The Minnesota Diabetes and Heart Health Collaborative:  
Working together to keep you informed [www.mn-dc.org](http://www.mn-dc.org)