

Help low-income senior adults in the Metrocrest

# Eat Smart, Live Strong

We currently provide fresh vegetables, fruits and other foods—approximately 18 pounds—to qualified recipients of PAN\* commodity boxes which are distributed monthly.

Your financial support can enhance these much-needed supplemental distributions in the coming months. Sponsorships are available!

**\$ 500 = 1 MONTH of food for all participants**  
**\$1,500 = food for one QUARTER**  
**\$6,000 = food for an entire YEAR**

Eat Smart, Live Strong sponsors are recognized on site, on our web site and in newsletters emailed to our supporters.

*The USDA recommends at least 3½ cups of fruits & vegetables per day*

\*PAN is the federal "People and Nutrition" program



**metrocrest**  **services**  
*building a stronger community together*

For details, contact Tracy Eubanks, at 972-446-2101 or [tebanks@metrocrestservices.org](mailto:tebanks@metrocrestservices.org)