



The Healthy Harvest Mobile Market is Coming to YOU!

Linwood Family YMCA, 3800 Linwood

Every Wednesday from 3:00 - 4:00 p.m.

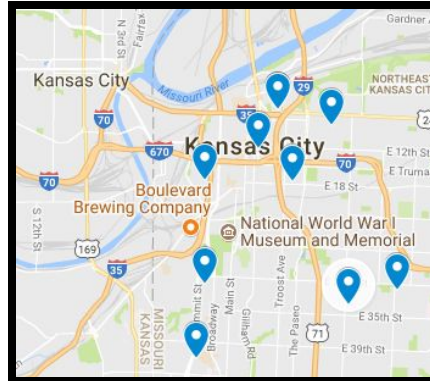


What is the TMC Healthy Harvest Mobile Market?



The TMC Healthy Harvest Mobile Market is a mobile grocery store that sells high quality fruits & vegetables at low cost!

Where does the Mobile Market go?



The Mobile Market has stops all over KC at different organizations, schools, & businesses. A new stop is at the Linwood Family YMCA at 3800 Linwood Blvd. See the full schedule on the back.

Why should I go to the TMC Mobile Market?



- Great food, low prices (photos show what you can buy for just \$5).
- Bring a reusable grocery bag and get a FREE piece of fruit or veggie.
- Save more when you pick up a punch card at the market.
- Pick up recipes and more- the Mobile Market has fruit and veggie recipes and tips for kid-friendly activities that make healthy eating fun.



Want to know more about living Fit-Tastic!? 12345 Fit-Tastic! is Kansas City's community message about healthy eating and physical activity. The Mobile Market promotes **5 servings of fruits and vegetables every day**, one of the 12345 Fit-Tastic! healthy habits. Go to FitTastic.org and Fit-Tastic! social media for tips on fun ways for you & your family to be Fit-Tastic!



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.FitTastic.org

Follow us on





MobileMarket

Truman Medical Centers



Tuesday

9:00 am — 10:00 am
Jackson County Courthouse
415 East 12th Street, KCMO

11:00 am—12:30 pm
Don Bosco (1st & 3rd Tues)
309 Benton Blvd., KCMO

1:00 pm—2:00 pm
Samuel U. Rodgers Health
Center
825 Euclid Ave., KCMO

2:30 pm—3:30 pm
KCATA
1200 East 18th St., KCMO

5:30 pm—6:30 pm
Don Bosco (2nd & 4th Tues)
309 Benton Blvd., KCMO

Wednesday

11:00am —12:30 pm
MCC- Penn Valley
3201 SW Trfwy., KCMO

1:30 pm – 2:30 pm
Westport House
(2nd & 4th Weds)
4020 Mill Street, KCMO

3:00 pm—4:00 pm
Linwood YMCA
3800 E. Linwood Blvd., KCMO

Thursday

9:15 am—10:15 am
Southeast Community Center
4201 East 63rd St., KCMO

10:45 am—11:45 am
Fairmount Community Center
217 Cedar, Independence, MO

12:45 pm—1:45 pm
Hawthorne Place
16955 E. Dover,
Independence, MO

2:15 pm—3:15 pm
Fairmount Plaza
(1st & 3rd Thurs)
615 S. Huttig,
Independence, MO

2:15 pm—3:15 pm
The Groves (2nd & 4th Thurs)
1515 West White Oak,
Independence, MO

Dates and Times are Subject to Change

For more information contact: Janet Rhone, Office: 816.404.2525 - Email: janet.rhone@tmcmcd.org