

# Sugar SWAP



Blue Cross Blue Shield of Arizona (BCBSAZ) is making it easier for you to **get fruits and vegetables – FREE.**

Just SWAP your sugary treats (anything with more than seven grams of sugar) for **\$5 in Homegrown Healthy bucks** good for fresh produce at Uptown Farmers Market.

*what:*

**Swap sugary treats in exchange for \$5 in fruits and vegetables**

*when:*

**November 4, 2017  
9 a.m. – 1 p.m.**

*where:*

**Uptown Farmers Market  
5757 North Central Avenue  
(Central & Bethany Home Road)**

**Get \$5 of FREE  
fruits and vegetables!**



**BlueCross  
BlueShield  
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Nourishing Arizona aims to improve the health of Arizonans through nutrition education and healthy eating initiatives.

[nourishingarizona.com/sugar](http://nourishingarizona.com/sugar)