



# SUTTER COUNTY PUBLIC HEALTH FOOD AS MEDICINE TOOLKIT

Want to improve your health and well-being? Check out the Sutter County Public Health Food As Medicine Toolkit for tips and resources to learn how to increase your knowledge and access to healthier foods in Sutter County.

## Features:

- ✓ Healthy & affordable recipes
- ✓ Community food resources
- ✓ Cooking videos
- ✓ Meal planning tips
- ✓ Budgeting & shopping resources
- ✓ Food safety information
- ✓ Healthy swaps
- ✓ Resources to help manage chronic diseases

Scan the QR code below to view the toolkit:

SCAN  
ME



Contact Us:

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Visit Our Website:

[sutter.gov/publichealth](http://sutter.gov/publichealth)

