



The Healthy Harvest Mobile Market is Coming to YOU!

at

**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 grocer that sells high quality fruits and vegetables at low cost! It travels to different locations across Kansas City bringing fresh food right to you!

Where does the Mobile Market go?

The Mobile Market has stops across Kansas City at different community organizations, schools and businesses. A new stop is at the **Linwood Family YMCA at 3800 Linwood on Wednesdays from 3:00-4:00 p.m.** The full schedule for the Mobile Market can be found on the back.

Why should I go to the Mobile Market?

- **Great foods, low prices** - the Mobile Market brings you quality fresh fruits and veggies for a discount!
- **More savings** - Bring in a reusable grocery bag and you'll get a **FREE** piece of fruit or veggie!
- **The more you shop, the more you earn** - When you shop at the market and spend at least \$5, you'll receive a reward card. Each time you spend \$5 at the Mobile Market, you'll receive a punch. Fill up a reward card with 5 punches, and you'll get **\$5 off** your next purchase!
- **Recipes and more**- the Mobile Market has recipes for fruits and vegetables each month. Check out the great tips for storage, prep and even kid-friendly activities that make healthy eating fun!

Wanna 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 fruits and veggies, recipes and fun ways for you and your family to be Fit-Tastic!



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

Learn more at www.FitTastic.org

Follow us on



TMC Mobile Market Route

Tuesday

9:00-10:00 am
Jackson County Courthouse
415 East 12th St., KCMO

11:00 am-12:30 pm
Don Bosco (1st & 3rd Tues)
580 Campbell St., KCMO

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

2:30-3:30 pm
KCATV
1200 East 18th St., KCMO

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

Wednesday

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

1:30-2:30 pm
Posada Del Sol Housing (1st & 3rd
Wed)
1735 Summit St., KCMO

1:30-2:30 pm (2nd & 4th Wed)
Westport House
4020 Mill Street

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

Thursday

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

10:45-11:45 am

Fairmount Community Center
217 Cedar, Independence, MO

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

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

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

Friday

11:00 am-1:00 pm
Palestine Senior Center (3rd Fri-
day)
3325 Prospect Ave., KCMO

Dates and times are subject to change.

