

GO NUTS

FOR PLANT PROTEIN

Nuts are great as a snack,
a crunchy salad topping, or in
sauces like pesto or romesco.

**Power your day
with nuts.**

BROUGHT TO YOU BY



hospital
logo

SATISFYING

Nuts are packed with protein, heart-healthy, and full of antioxidants and fiber.

SUSTAINABLE

Nut trees grow deep roots that can help keep soil healthy and yield years of delicious crops.

SUPPORTIVE

Buying local nuts helps our farmers and regional economy thrive.