

Maine kids eat smart!



My Snack Recipe: Bean & Cheese Burrito!

1. Take 1 flour tortilla.
2. Add:
 - 1/4 cup refried beans
 - 1/4 cup grated cheese
 - 1 tablespoon of salsa
3. Microwave for 30 seconds

**Eat
Smart:**
*It's a
healthy
start*



Angus S. King, Jr.
Governor

Kevin W. Concannon
Commissioner

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The Maine Nutrition Network is a statewide coalition of over 200 individuals and partner organizations established by the Edmund S. Muskie School of Public Service, University of Southern Maine, and the Maine Department of Human Services, Bureau of Health.

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