

Eat Well, Live Long, Pass it on

*Healthy Breakfast,
Coffee and Tea*

Enjoy a Healthier Cup of Coffee or Tea

- Use lowfat creamer or skim milk
- Use an artificial sweetener (Like Splenda) to sweeten your coffee or tea



Coffee and Tea



Nirittiarit, inuukhaarit, aallanut atuqulugu

*Nakuuyug Tupanttant
Kaapikla Titlu*

Alliagillugu kaapituran tiitukkanluuniit sukatuqyuaghimmangittumik

- Atuqlutin ughukittumik itukmik
- Atuqlutin hiingnaqunmik (Splenda-tut) hiingnariami kaapituran tiitukkanluunniit



Kaapikla Titlu



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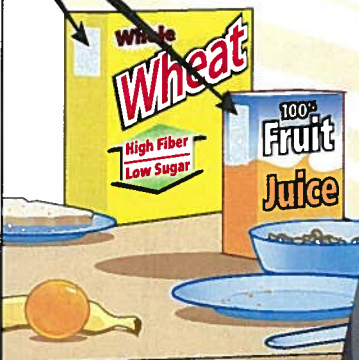
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10% ገንዘብ ለሰጠው ልማት ለሰጠው ልማት

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Nutrition Facts	
Serving Size 1 cup (30.0g)	
Amount Per Serving	
Calories 111	Calories from Fat 16
% Daily Value*	
Total Fat 1.8g	3%
Saturated Fat 0.4g	2%
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.6g	
Cholesterol 0mg	0%
Sodium 273mg	11%
Total Carbohydrates 22.2g	7%
Dietary Fiber 2.7g	11%
Sugars 1.2g	
Protein 3.3g	
Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 45%
* Based on a 2000 calorie diet	



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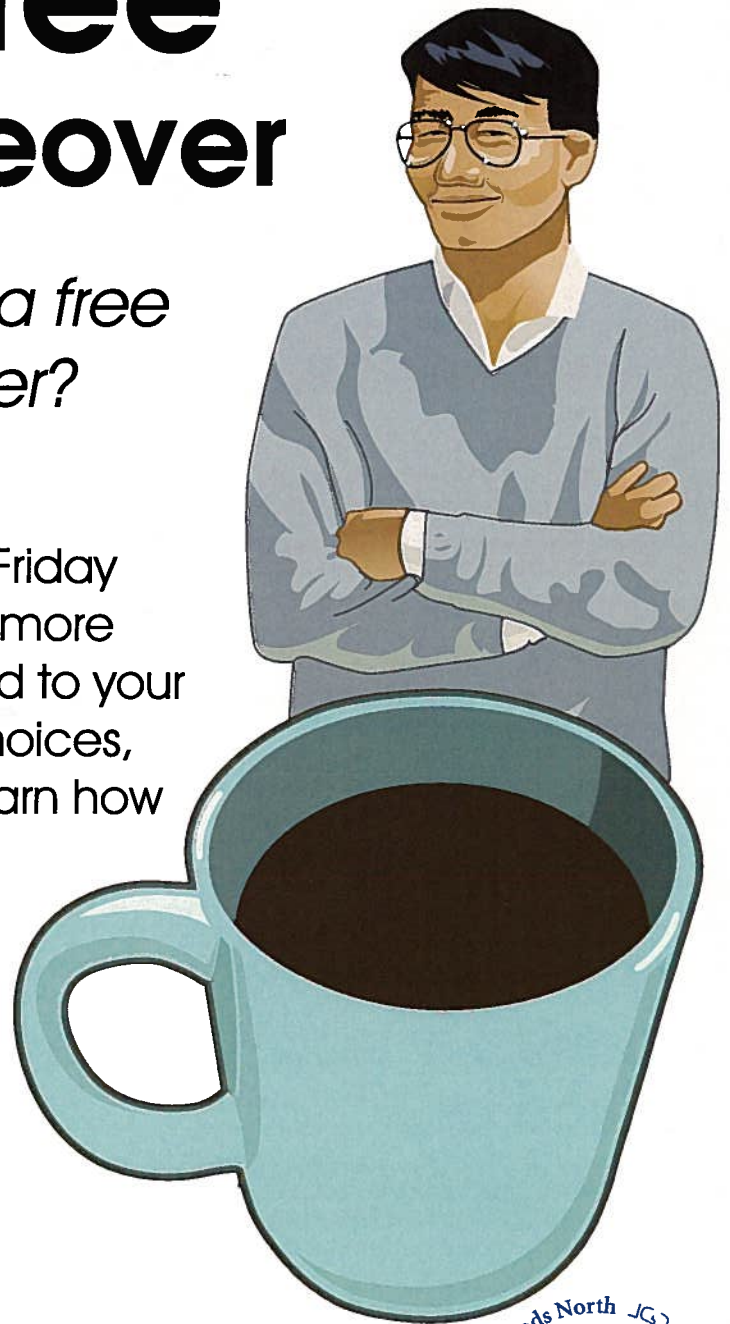
*Healthy Breakfast,
Coffee and Tea*

FREE Coffee Station Makeover

*Does your office need a free
coffee station makeover?*

Invite a Healthy Foods North representative to your office for Friday afternoon coffee break to learn more about healthy alternatives to add to your tea and coffee, healthy food choices, taste tests, and much more. Learn how to become a healthy office!

Contact:



Coffee and Tea



Nirittiarit, inuukhaarit, aallanut atuqulugu

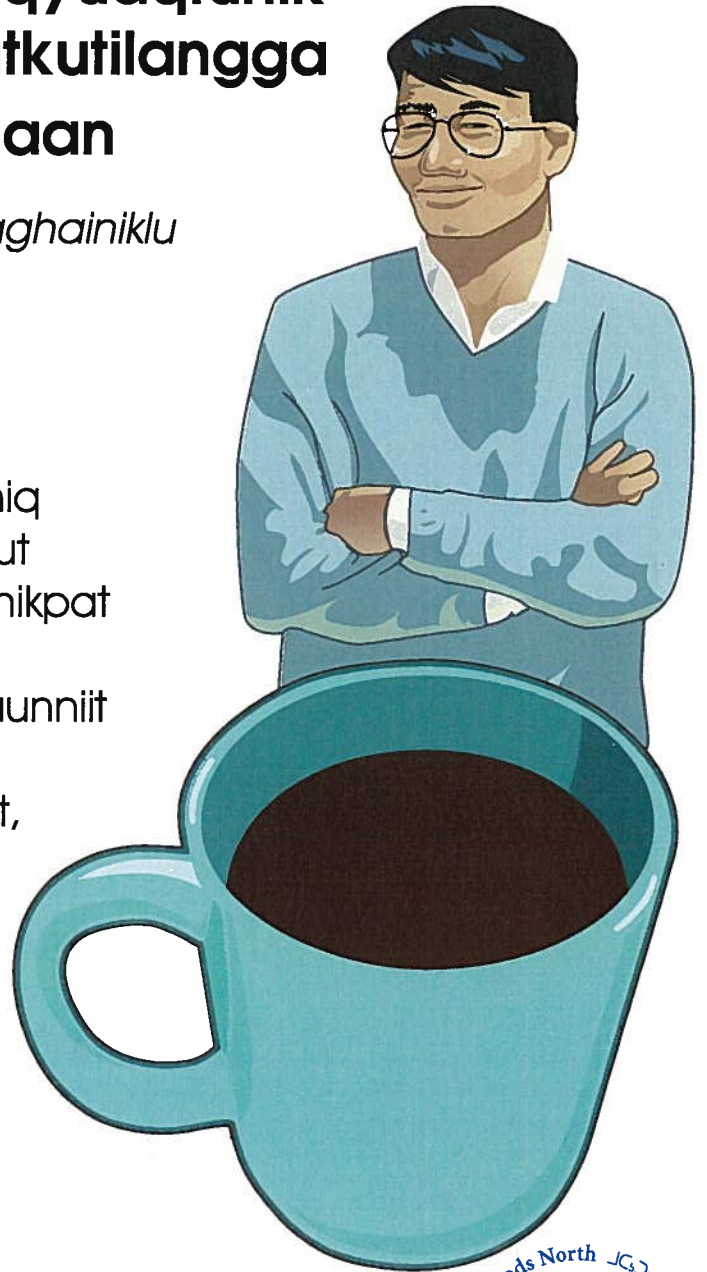
Nakuuyug Tupattant Kaapiklu Titlu

**Pinggillurit niqit sukakaqyuaqtunik
ughukaqyuaqtutlu avatkutlangga
10 pusanmik upluq tamaan**

*Akiittumik kaapituruminaqtuq ihuaghainiklu
Afisihi piumavat akiittumik
kaapitungnaqtumik
ihuaghainikmutlu?*

Kaitkulugu Nirittiangningmun Niqiniq
Uqiuqtaqtumi kaitkuplugu afisingnut
kaapitturiakuplugu kaapitungnaghikpat
upluummaatmi ayuighariaginni
nirittiangningmun himmauhiklurittluunniit
tiitukkangnun kaapitukangnutlu,
qanurituuyaaqtutlu uuktuqlurit niqit,
atlalu ammigaittut!

**Nunaittiarumaguvit
takulugita:**



Kaapiklu Titlu



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