



American Heart Association.

Healthy for Good™

Healthy for Good EAT SMART Resource Kit

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## 2021 American Heart Association EAT SMART Resource Kit

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**Eat smart. Move more. Be well.**

**Questions? Additional Information?** Contact the American Heart Association New Jersey office at (609) 208-0020.

Learn more, access additional resources at ... [www.Heart.org/HealthyforGood](http://www.Heart.org/HealthyforGood)