Your Guide to Nutrition

Use the guide to help meet your health and wellness needs.





BUILD Basket WITH US!



Fill your cart with mostly:

- Fresh produce
- Lean meat & eggs
- Items that have the Thumbs Up



Remember:

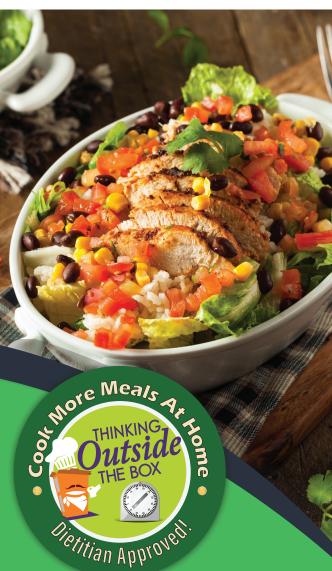
It's okay to include a few indulgences & treats.





"Thumbs Up"

High nutrition quality food High performance food



www.commissaries.com















