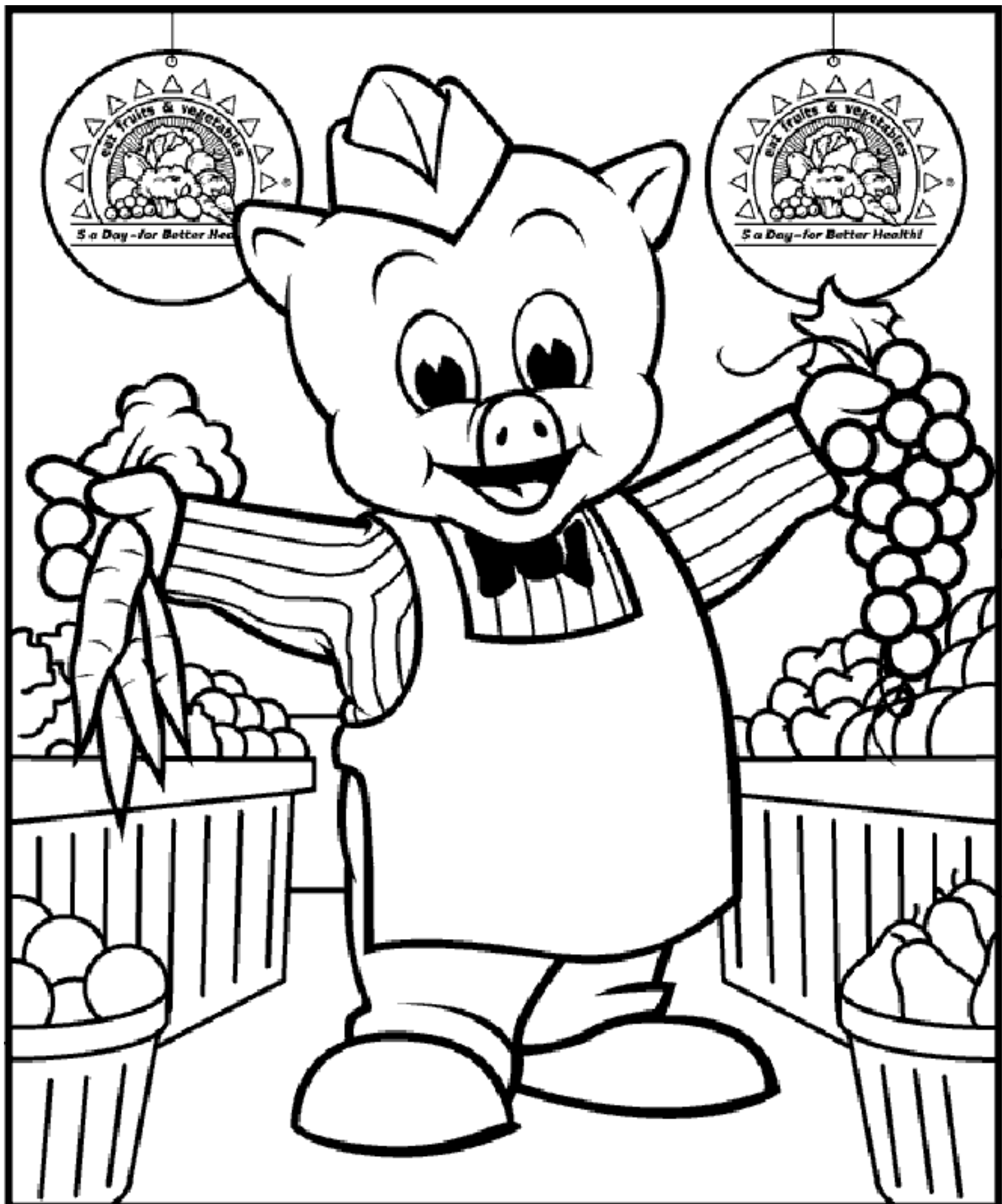


piggly wiggly



**Mr. Pig is my name and this is my store --
Piggly Wiggly® has it all, and a little bit more.**



Fruits and vegetables come in all colors and shapes in the produce department from carrots to grapes.



Find all of these things in your Piggly Wiggly aisles, a wide selection and variety are sure to bring smiles.

A VISIT TO THE FOOD PYRAMID

FATS, OILS & SWEETS
USE SPARINGLY

**LOW-FAT OR NONFAT MILK,
YOGURT & CHEESE**
2-3 SERVINGS

**FISH, SKINLESS POULTRY,
LEAN MEAT, DRY BEANS,
NUTS & EGGS**
2-3 SERVINGS

VEGETABLES
3-5 SERVINGS

FRUITS
2-4 SERVINGS

**WHOLE GRAIN BREADS, CEREALS,
PASTA & RICE**
6-11 SERVINGS



Whole Grain Breads, Cereals, Pasta & Rice

- 1 bread slice
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

Vegetables

- 1 cup raw, leafy vegetable
- 1/2 cup cooked or chopped raw vegetables

Fish, Skinless Poultry, Lean Meat, Dry Beans, Nuts & Eggs

- 2-3 ounces poultry, fish, lean meat
- 2 tablespoons peanut butter equals one ounce meat
- 1 egg equals 1 ounce meat

Fruit

- 1 medium fresh fruit
- 1/2 cup chopped or canned fruit
- 3/4 cup fruit juice

Low-fat or Nonfat Milk, Yogurt & Cheeses

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese

MR. PIG PULLS
AWAY FOR VICTORY!



GO TEAM PIG!

Happy



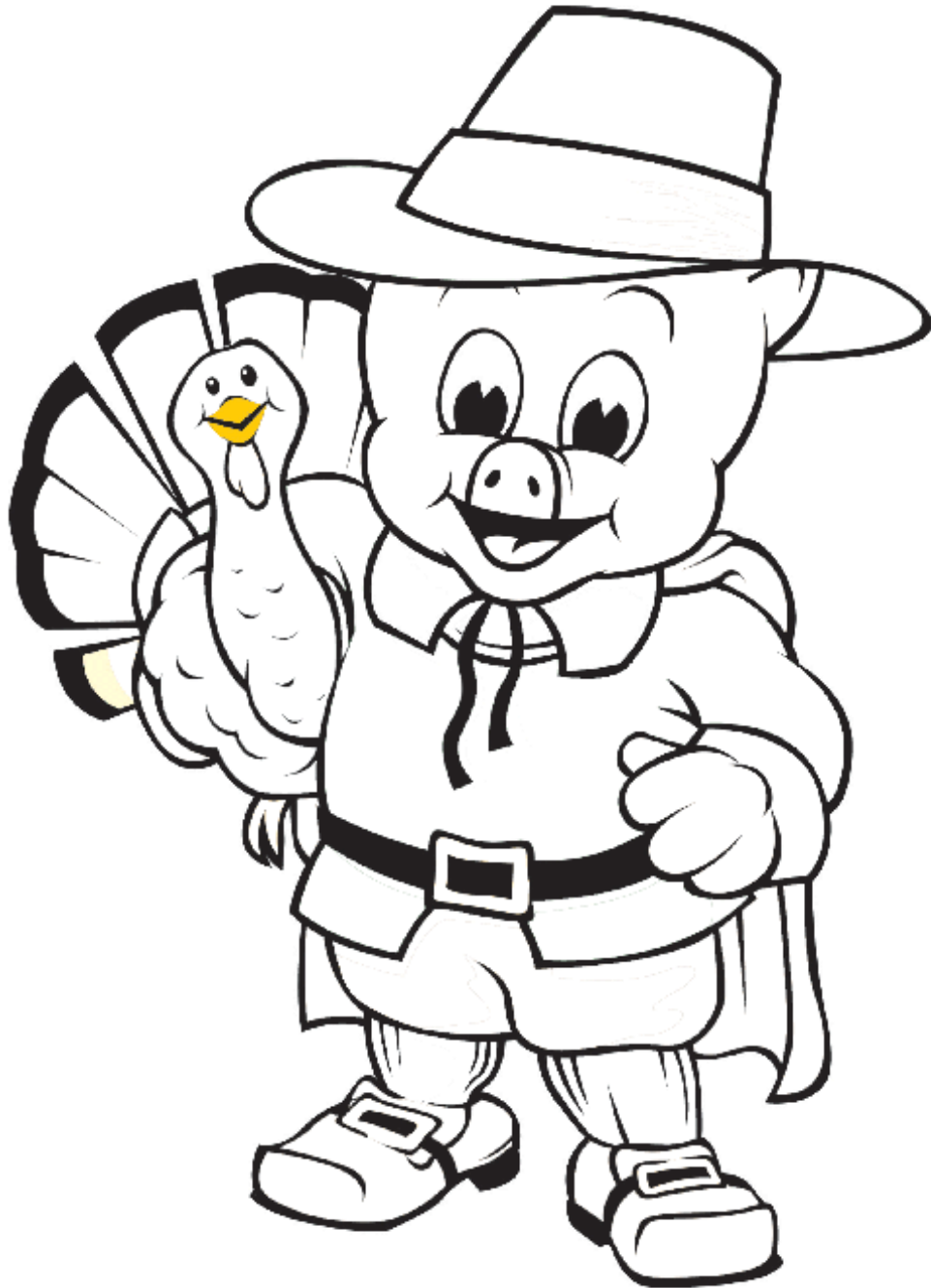
Halloween!

Happy



Halloween!

HAPPY THANKSGIVING



MERRY
CHRISTMAS!



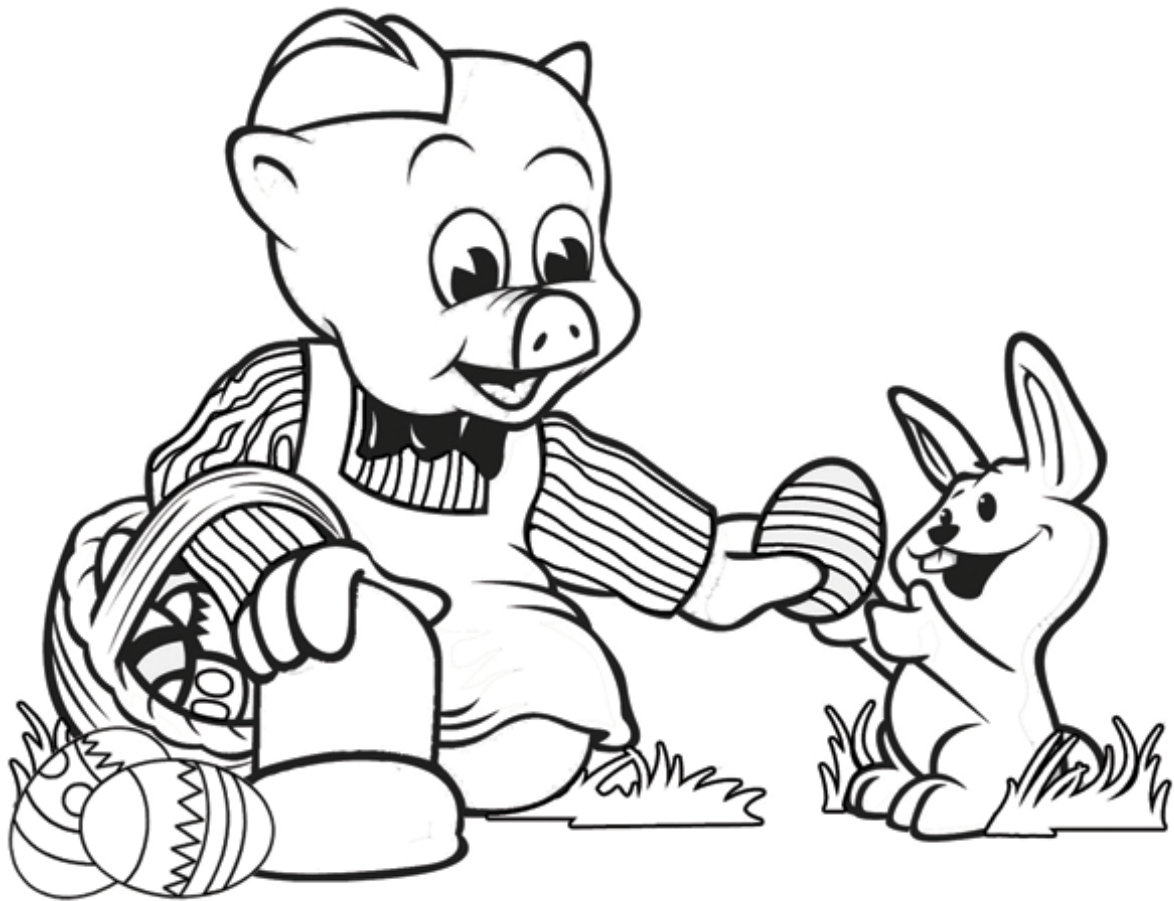
**Happy
Easter!**



Happy



Easter!



GONE BUT NOT FORGOTTEN

