

January



### **Bored with bread?**

Stock up on a variety of whole grain wraps or pitas – then let your imagination go! Tasty fillings include:

- Beans, salsa and shredded mozzarella cheese
- Hummus and grated carrot
- Egg salad made with chopped celery and green onion
- Salmon salad topped with shredded lettuce
- Sliced turkey with honey mustard
- Chopped chicken salad made with grated apple



**For health-related information call York Region  
Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca)**