



KEEP THE GRILL FIRED UP!

AVAILABLE ON THE WEBSITE

- Homestyle Hamburgers - 10ct
- Baby Back Ribs - 2pk
- Chicken - 8 cut raw
- All Beef Hot Dogs - 8ct
- Kraft BBQ Sauce 18oz
- Ken's BBQ Sauce 1 gallon
- Hamburger Buns - 12ct
- Hot Dog Buns - 12ct



COOL OPTIONS FOR HOT, HUMID DAYS



- Potato Salad
- Macaroni Salad
- Coleslaw
- Pasta salad
- 3-Bean Salad

YOUR OPINION MATTERS

We appreciate any feedback about our products, delivery, and service. **Log into your account** Select CUSTOMER RESPONSE FORM from the menu **or** Scan the QR code on your phone.



PLACE YOUR ORDER

SCHEDULED ORDERING & DELIVERY DAYS

Order by	For delivery on
12 p.m. Wednesday	Monday
12 p.m. Thursday	Tuesday
12 p.m. Friday	Wednesday
12 p.m. Monday	Thursday
12 p.m. Tuesday	Friday

In order for items to be delivered on time, all orders must be placed by 12 p.m. on your assigned day. If you are unable to place your order by your assigned date, please call Jean at 610-364-7801 or email atkinsj@whitsons.com before your scheduled day.

HOW TO PLACE YOUR ORDER

Order with your smart phone – Log into your Lintons account by scanning the QR code

Order online – You can place a new food order or duplicate your last order by logging into your account at <https://www.lintonsmarket.com/my-account/> Please place your order several days in advance.



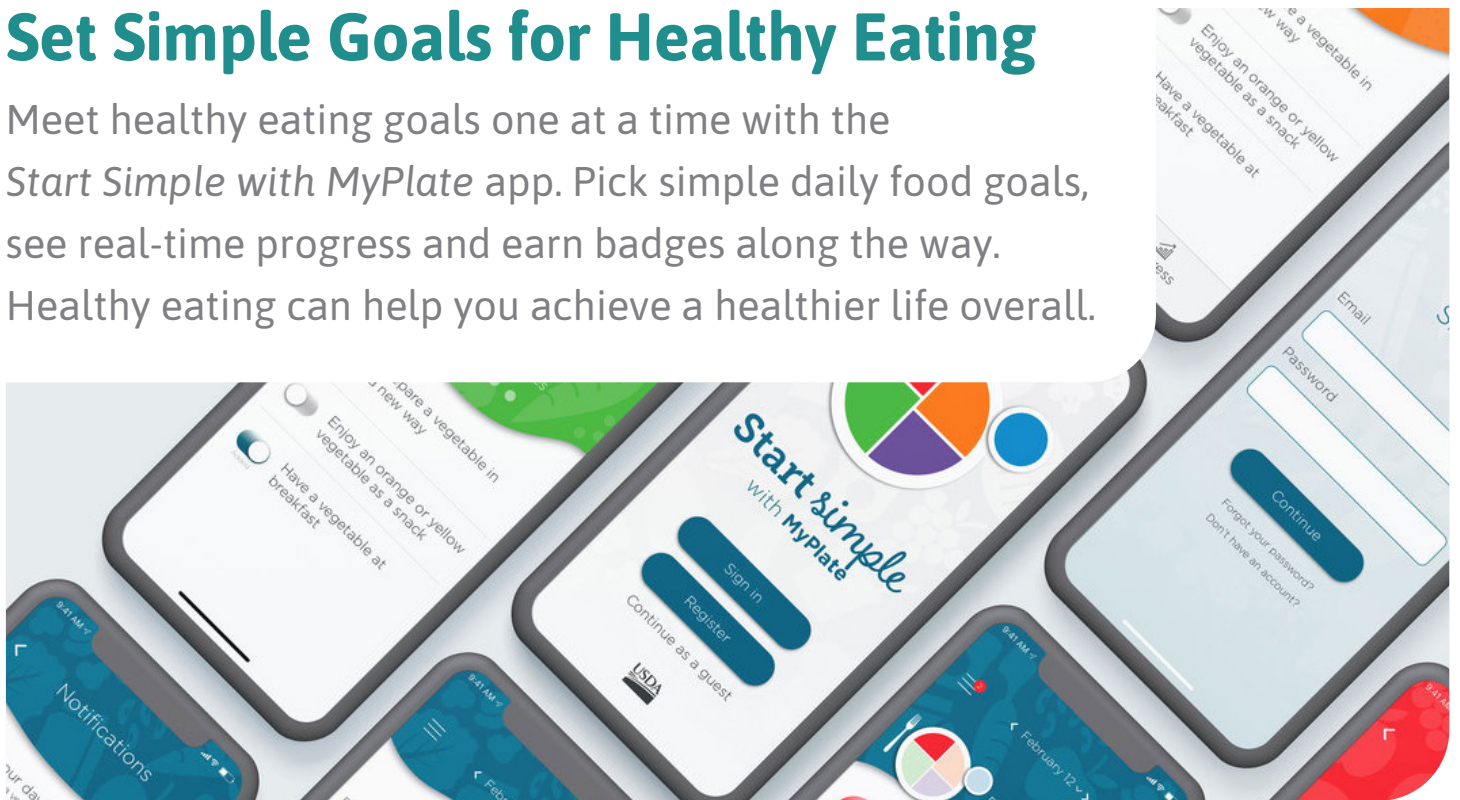
SHARE THE HEALTH

NUTRITION EDUCATION PROGRAM

AUGUST

Set Simple Goals for Healthy Eating

Meet healthy eating goals one at a time with the *Start Simple with MyPlate* app. Pick simple daily food goals, see real-time progress and earn badges along the way. Healthy eating can help you achieve a healthier life overall.



Pick Your Goals

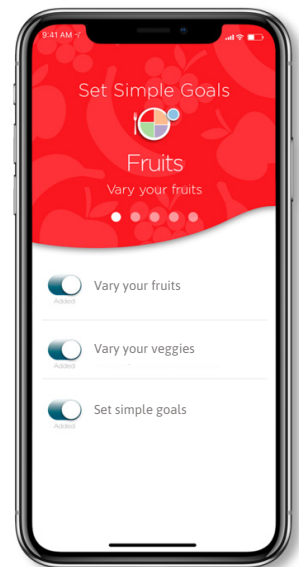
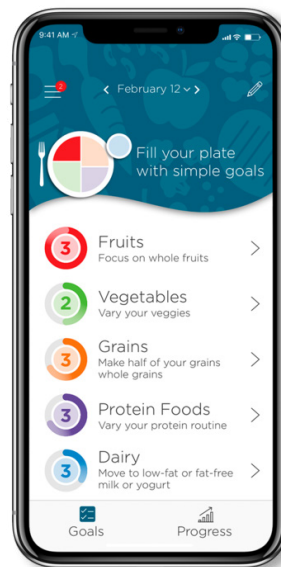
- Set goals within food groups (Fruits, Vegetables, Grains, Protein Foods, Dairy)
- Choose from a variety of food goals or use the “Pick for me!” feature if you want ready-made goals and tips
- Sync up to your smartwatch (or do it all on your mobile device)

See Real-Time Progress

- See daily progress in each food group as you meet your goals
- Get simple how-to tips to help you meet your goals
- Select options for notifications and reminders
- Visit the MyPlate 101 section for more information about healthy eating

Earn Badges that Celebrate Your Success

- Earn badges as food group goals are completed
- Collect a variety of badges, such as first goal complete, daily-streaks, food group badges and the ultimate MyPlate badge
- Post your badges on social media to share your success and encourage others



Get started by downloading the free *Start Simple with MyPlate* app. Visit ChooseMyPlate.gov for more information.