

COMING SOON!

Fruits and Vegetables CHALLENGE

This Challenge will help you to **Eat Smart** by offering simple suggestions to increase **fruits and vegetables** in your diet.

The **“Quick Tips”** and **Log Sheet** will make it easy for you to earn and track your **Challenge points**.

SUCCESS IS EASY. SIGN UP NOW.

DON'T BE LEFT OUT! JOIN THE FUN.

Remember to check the weekly newsletters for updates, recipes and more!

This activity will begin on _____ and end on _____.

For more information about the challenge contact

_____ at _____.

The **Fruits and Vegetables Challenge** is brought to you by your worksite wellness committee.

WORK
Well NC

