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 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 ___________________________.

Fruits and Vegetables CHALLENGE