



Take the  
**FOODPLAY 5**  
Challenge!

Eat at least **5** FRUITS + VEGGIES a day!



Read It Be**4** You Eat It!



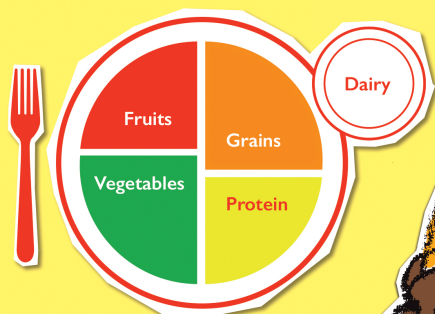
Fuel up with **3** square meals starting with **BREAKFAST!**

Remember - I can do this, and **YOU CAN 2!**



Get up and **PLAY** for at least **1** hour a day!

Cut down on soda - Refresh with **H2O!**



For more food fun, visit:  
[www.foodplay.com](http://www.foodplay.com)