



**ARE YOU GETTING
YOUR 5 A DAY?**

TAKE THE 5 A DAY CHALLENGE!

Eating the recommended five or more servings of fruits and vegetables per day is one of the most important choices you can make to begin and maintain a healthy lifestyle. The 5 a day challenge is designed to encourage you to incorporate fruits and vegetables in your diet.

The program includes a tracking tool to record your fruit and vegetable intake.



PROGRAM DATES:

**WITH 5 A DAY YOU'LL BE ON YOUR
WAY TO A HEALTHIER YOU!**