

# Take the PERS Fruit and Veggie Challenge!

Did You Know?

Eating more  
fruits and veggies  
every day



- Provides energy!
- Makes you healthier!
- May reduce your risk of disease!
- Tastes great!



## Join the PERS Fruit and Veggie Challenge!

Benefits include:

- \* Improved health
- \* Recipes
- \* Tips on shopping for fruits and veggies
- \* A chance at a prize

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Before: \_\_\_\_\_