

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: _____