

# You Can Find the Time!

*Eat Healthy*

Frozen fruits and  
vegetables are usually  
all ready to eat.



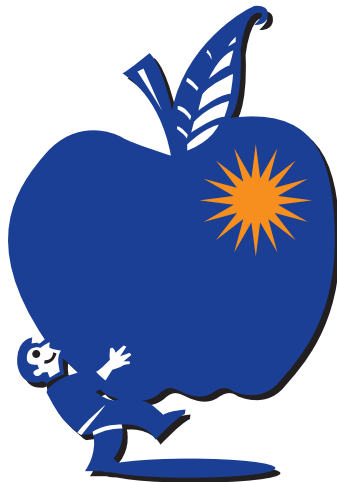
Just open the package.



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Need a quick pick-  
me-up in the  
afternoon?



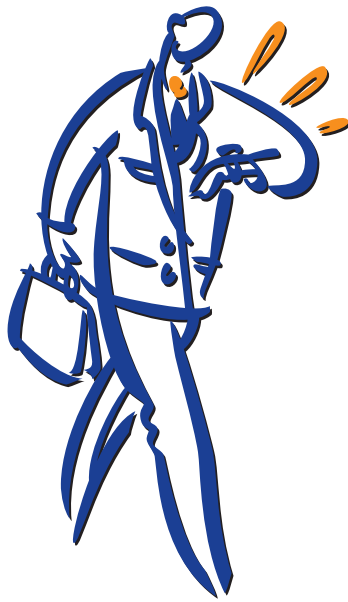
Grab carrot sticks, an apple,  
dried fruit or a banana.



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Don't have time to  
peel, chop, or slice?



Select fruits and vegetables that require little peeling and chopping, such as baby carrots, cherry tomatoes, asparagus, grapes, apples or broccoli spears.



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Finding change and  
buying a soda –  
10 minutes.

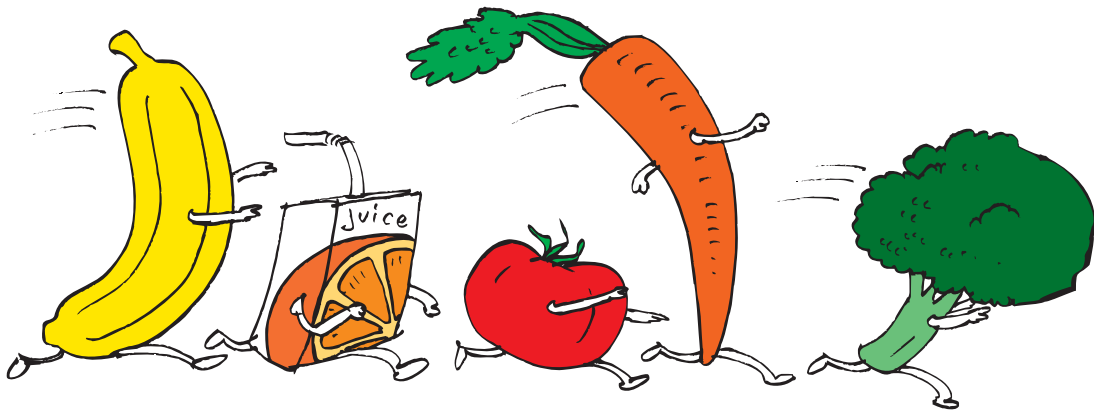


Drinking a glass of  
water – 1 minute!

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### Bite into nature's original FAST foods...



### fruits and vegetables.

