

COMING SOON!

# Smart Fuel

*Join the fun - learn how to eat smart*



*Smart Fuel* is a ten-week challenge that provides tips and ideas to help you eat smart by:

- Enjoying More Fruits & Vegetables
- Re-Thinking Your Drink
- Eating More Whole Grains
- Preparing More Meals at Home
- Right-Sizing Your Portions

Earn points each time you practice one of these eat smart strategies.

This activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_.

For more information about the Smart Fuel challenge contact:

\_\_\_\_\_ at \_\_\_\_\_

Smart Fuel is brought to you by your worksite wellness committee.

