



America's

more matters pledge

Fruits & Veggies... Today and Every Day!

FruitsAndVeggiesMoreMatters.org



LET'S
MOVE!



BREAKFAST:

**Need help waking up in the morning?
Add fruit to your favorite cereal or
yogurt. Add vegetables to your omelet.
Be daring, skip the cereal, and fill the
bowl with a variety of sliced fruit.**