

COMING SOON!

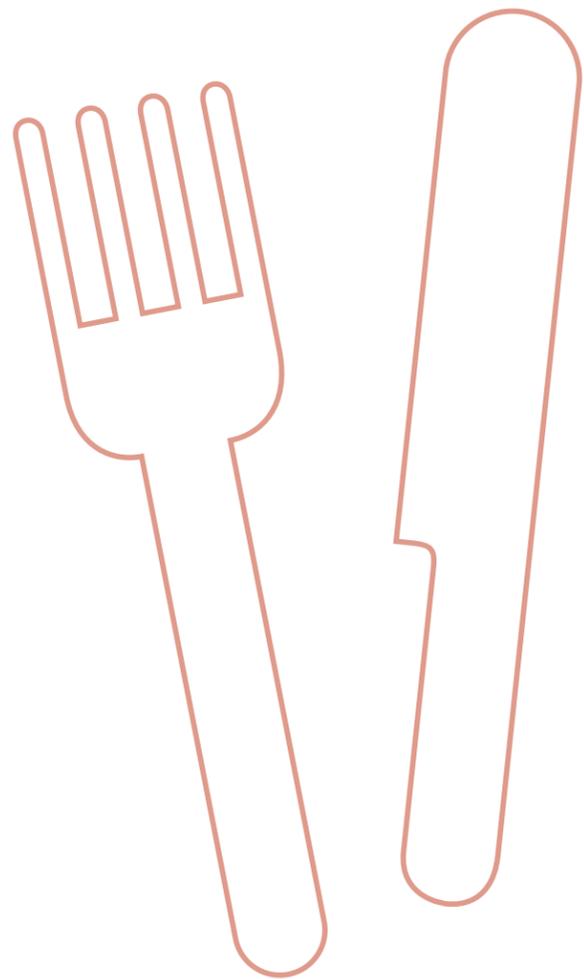
# Smart FUEL

JOIN THE FUN—LEARN HOW TO EAT SMART.

**Smart Fuel** is a 10-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.

WORK  
Well NC