CREATE HEALTHY CHOICES

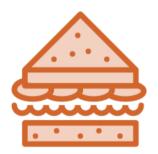


Have your lunch and feel good, too!

HAVE A THUMBS UP LUNCH



FRESH SALAD



DELI SANDWICH with Fresh Fruits and Veggies



FRUIT & YOGURT
PARFAIT
with Granola Bar



SOUP
with Baked Chips



LOW-FAT CHEESE and Popcorn

BENEFITS OF HEALTHIER EATING

INCREASED ENERGY

HEALTHY HEART LOWER CALORIE INTAKE

FEEL FULL LONGER

SAVE MONEY

Find more healthy lifestyle tips and nutritious recipes at CreateBetterHealth.org

