

Good for you...

AND GOOD FOR LIFE!

Eating a diet made up of a colorful variety of fruits and vegetables gives your body the nutrients it needs to boost your immune system, lift your energy, and keep your heart healthy.

March is National Nutrition Month[®]

Who knew being healthy could be this easy...and tasty?

More information and resources are available online at:

www.FOH.hhs.gov/calendar



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