

Eat a rainbow of fruits and vegetables every day!

Red foods can protect the heart.

Orange foods can protect cells from damage.

Yellow foods can support healthy vision.

Green foods fight cancer.

Purple and blue foods can improve the immune system.








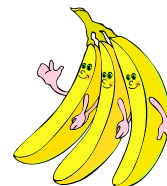
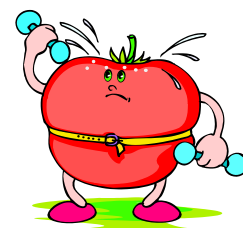
*kick smart*  
*eat smart!*




**Healthy Apple Valley and local businesses are partnering to encourage healthy eating and active living for our local residents.**

**AS PART OF BEING HEALTHY, I PLEDGE TO MEET ONE OR MORE OF THESE GOALS:**

-  Eat a rainbow of fruit and vegetables every day.
-  Try a new fruit or vegetable each week.
-  Use fresh fruits and vegetables to make my own snacks
-  Visit a farmers' market.
-  Plant a vegetable or herb.



**AND FINALLY I PLEDGE THAT:**

-  I will bring my lunch to work 3 days per week!

Yes! I want to take the Healthy Eating Pledge!

To take the pledge and receive your healthy lunch recipe book and lunch bag, simply fill out the information below.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_