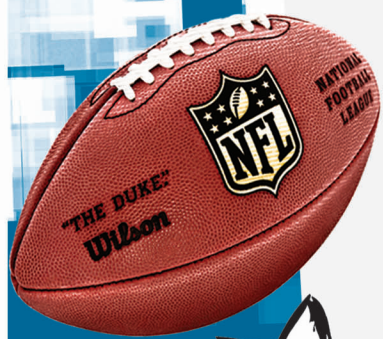


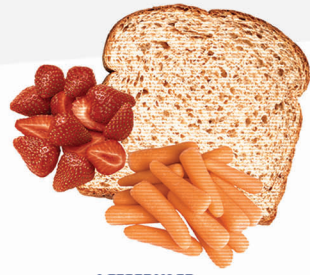


Fuel Up for Summer Fun!



Stay sharp
this summer!

Get 60 minutes of
physical activity
every day!



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Fuel Up for Summer Fun!



FREE

Summer Meals
for kids 18 and
under at:



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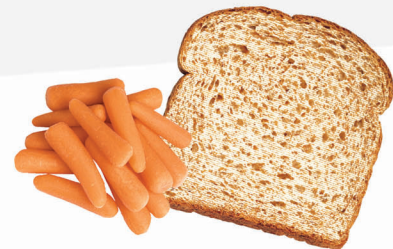
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Have you eaten your fruits, veggies, low-fat and fat-free dairy and whole grains today?



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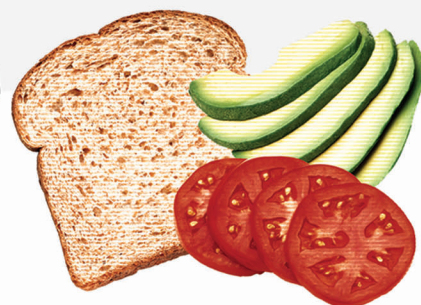
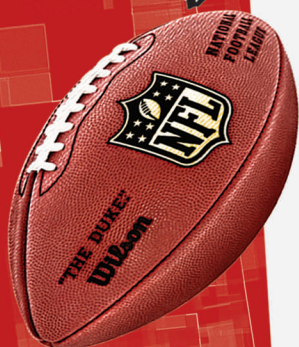


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Fuel Greatness:

Eat Breakfast!



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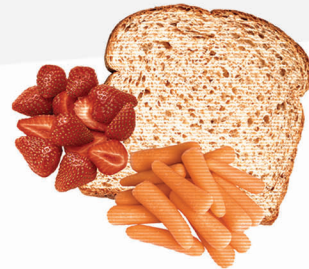
Summer Meals Club Card
 Fuel Up to Play 60
 with Summer Meals.
 Drop your completed club card
 in the box for a chance to win!



Name: _____
 Favorite Food: _____

Come get 10 FREE summer meals

and then turn in your completed Summer Meals Club Card for a chance to win a:

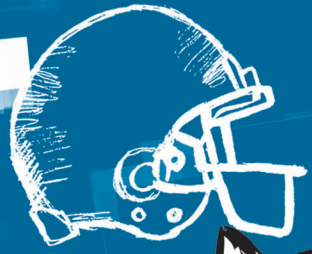


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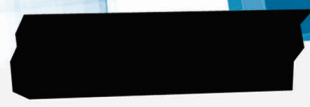
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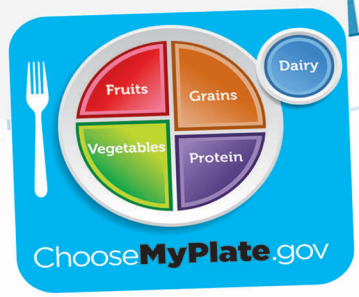
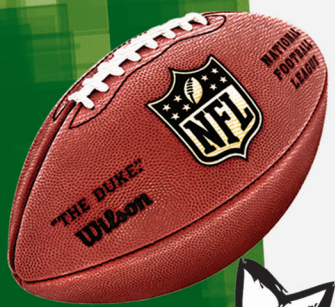
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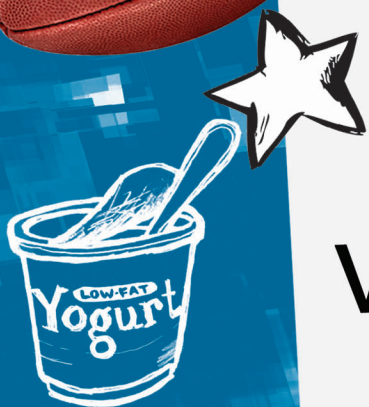
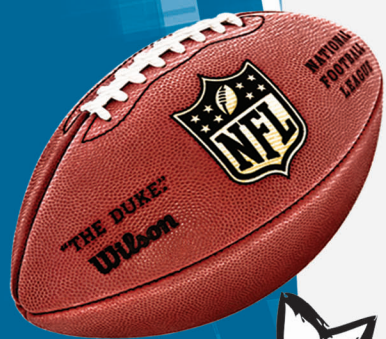
Protein Group:
Provides protein,
B vitamins, iron
& zinc.
Go lean
with protein.



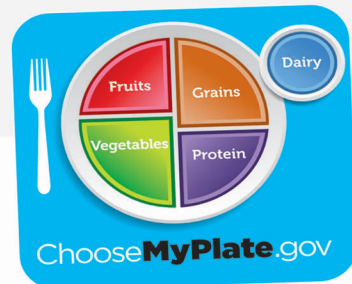
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Dairy Group:
Provides calcium,
potassium,
vitamin D & protein.
**Get your
calcium-rich foods.**



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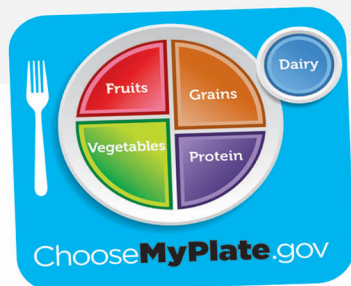
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Fruit Group:
Provides
potassium, folate,
vitamin C & fiber.
Focus on fruits.



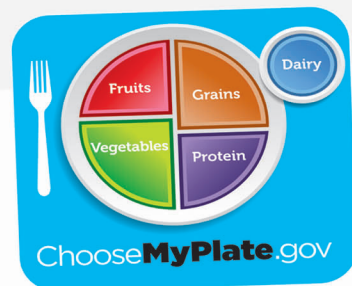


Fuel Up for Summer Fun!



Vegetable Group:
Provides potassium,
folate, vitamin A,
vitamin C, vitamin E
& fiber.

Vary your veggies.



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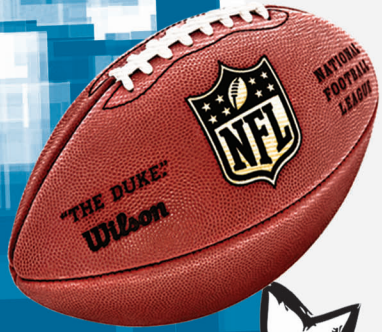
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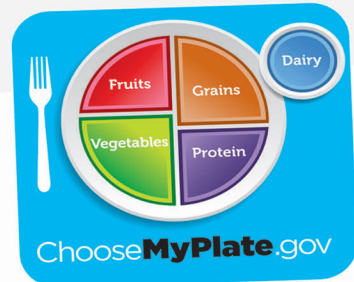
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Fuel Up for Summer Fun!



Grain Group:
Provides
B vitamins,
minerals & fiber.
Make half your
grains whole.

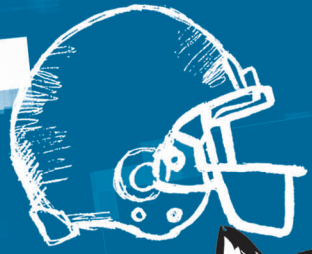


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Free meals available this summer for kids 18 and under. To find locations text 'FOOD' to 877-877.

