EAT A COLORFUL VARIETY OF FRUITS AND VEGETABLES EVERY DAY

“Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God.” (1 Corinthians 10:31)

I know how important it is to eat a diet rich in fruits and vegetables every day for good health.

To help reach my fruit and vegetable goal, I pledge to do one or more of the following starting today:

☐ Add extra fruits and vegetables to every meal
☐ Eat fruits and vegetables as snacks
☐ Keep plenty of ready-to-eat fruits and vegetables at my home
☐ Order a salad, side of vegetables, or fruit for dessert when eating out
☐ Other

I pledge to support Body & Soul and the brothers and sisters in my congregation by doing one or more of the following starting today:

☐ Bring healthy fruit and vegetable dishes to church functions
☐ Bring fruits and vegetables to church as snacks for the children in Sunday School
☐ Attend at least ________ Body & Soul events at the church
☐ Serve as a role model by eating a colorful variety of fruits and vegetables every day
☐ Other

Signature