

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
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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
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Signature