

Boost Your Energy, Vitality, and Joy!

Take the Colorful Choices Challenge!

November 16 - December 13, 2026

Join this fun 4-week healthy eating challenge and discover simple ways to add more fruit and vegetables to your day.

You'll learn how to:

- Eat a colorful variety of fruits and vegetables
- Create tasty, produce-packed meals and snacks
- Build healthy eating habits that support your overall well-being

Learn more and register at:
sfhss.colorfulchoices.com/welcome

SAN FRANCISCO
HEALTH SERVICE SYSTEM
Better Every Day.



Registration Begins October 28

Make Colorful Choices Everywhere You Go!

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Join this fun 4-week healthy eating challenge and discover simple ways to add more fruit and vegetables to your day.

Register for Colorful Choices and download the mobile app:

- Log your fruits and veggies anytime, anywhere
- Track your progress
- Join a team with coworkers and friends
- Find healthy reciepes
- Give and getg support on the Wellness Wall

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