



**ADD MORE COLOR TO YOUR DAY,  
AND BOOST YOUR ENERGY, VITALITY, AND JOY.**

**COLORFUL BENEFITS** : Different colors have different benefits:



**RED**  
TOMATO, RADISH, BEET, CRANBERRY, RED PEPPER, WATERMELON



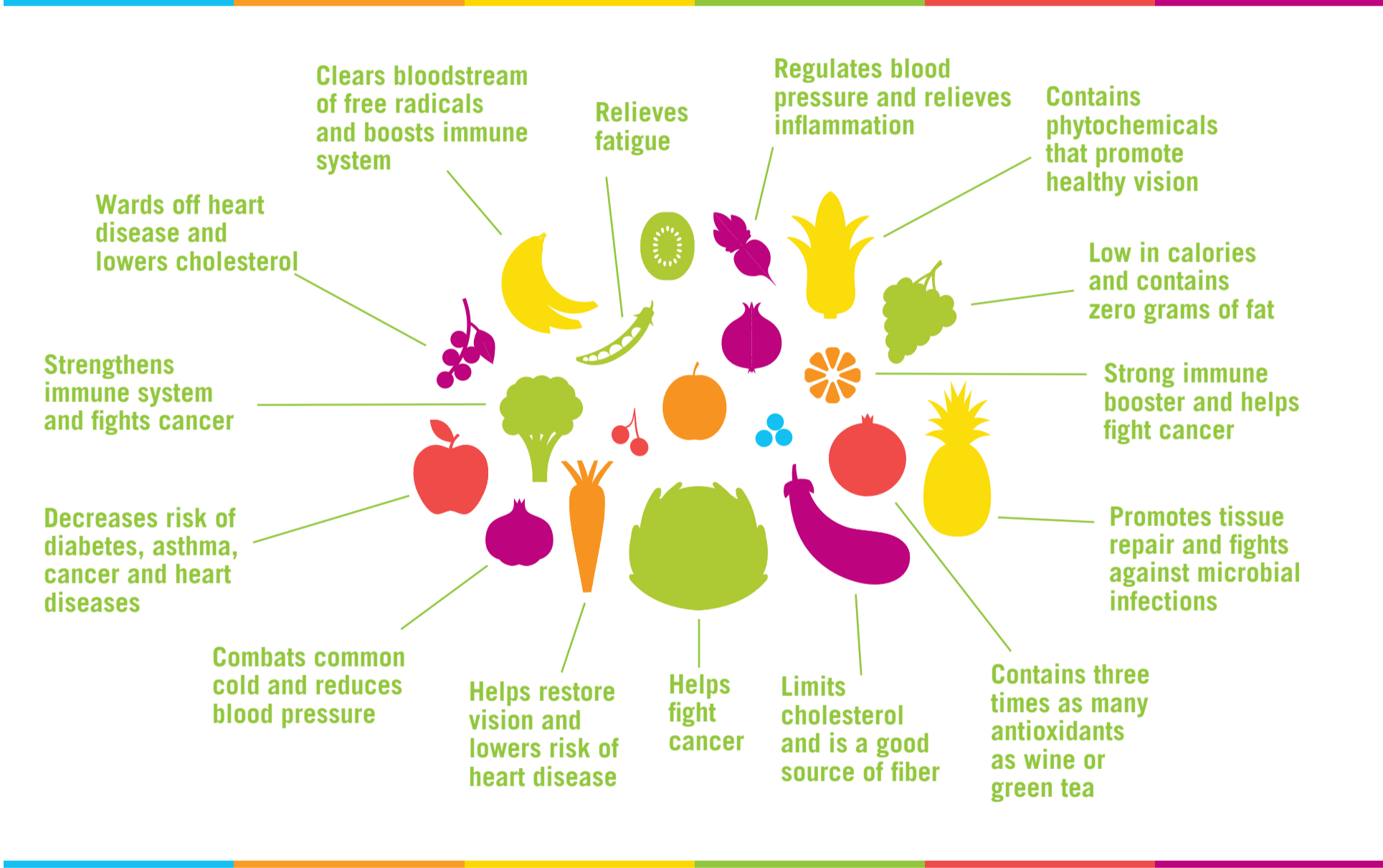
**ORANGE YELLOW**  
GRAPEFRUIT, SWEET CORN, BUTTERNUT SQUASH, PAPAYA, CARROT, LEMON



**GREEN**  
BROCCOLI, LIME, KIWI, CUCUMBER, SPINACH, GREEN APPLE



**PURPLE BLUE**  
EGGPLANT, FIG, PLUM, PURPLE GRAPE, RED ONION, BLUEBERRY



**THREE WAYS TO HELP YOU EAT MORE FRUITS AND VEGETABLES:**

**PLEDGE**  
.....  
Make one fruit or vegetable part of every meal or snack

**GET CREATIVE**  
.....  
Try a new fruit or vegetable each week

**SNEAK IT IN**  
.....  
Find new ways to sneak in at least one fruit or vegetable into every meal or snack

**17%** of employees report eating 5 servings of fruits and vegetables daily

**73%** of employees reported they wanted to eat more