



JOIN US FOR AN EASY, DELICIOUS FOOD ADVENTURE designed to help you eat healthier and expand your repertoire of fresh produce options. We give you lots of resources to make it easy. Take the challenge in March and you may win one of dozens of exciting prizes.

VEGGIES! 30 WAYS IN 30 DAYS TAKE THE CHALLENGE! IN MARCH

IT'S AS EASY AS 1-2-3

REGISTER

1 Visit www.VegOutWithRFS.org create and account, start your team, invite participants, and explore our resources.

EAT

2 Try and track 30 different vegetables before the end of March to qualify for prizes.

SHARE

3 Join in the conversation on our website and spread the word on social media, start a team, join a team and reach out to get your family, school, colleagues and community involved. Use the tag **#VegOut2015** to share your progress on social media sites.



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