

Eat  
Well

PLAN AHEAD TO  
MAKE HEALTHY  
EATING A BREEZE  
THIS SUMMER.



## Hitting the road?

For picnics and trips, pack the four food groups,  
like bite-size veggies, whole grain crackers, cheese cubes and nuts.

EAT  
WELL  
— AND —  
ENJOY  
SUMMER FUN  
— WITH YOUR —  
FAMILY



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