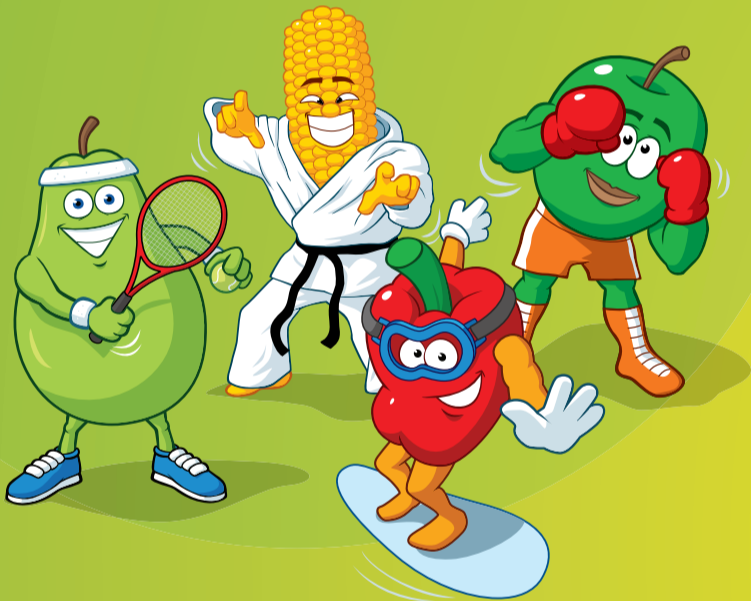




EVERY DAY WE AIM TO...

Strive for 5!

...eat five different fruit and vegetables



Get Phunky with food!

...learn more about the food we eat



Eat Well!



...eat more of some foods and less of others

Drain our drinks!

...drink plenty of sugar-free fluids



Bag-a-breakfast!

...start the day the right way

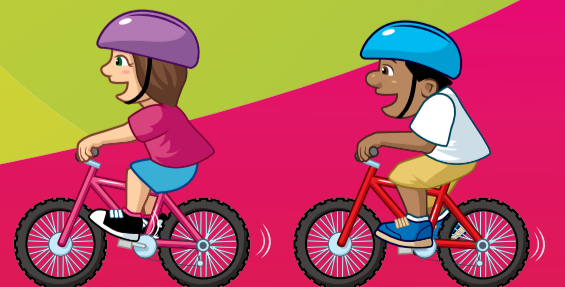


Get active!



...be physically active for at least 1 hour each day

...HAVE FUN!



For more information visit www.phunkyfoods.com