

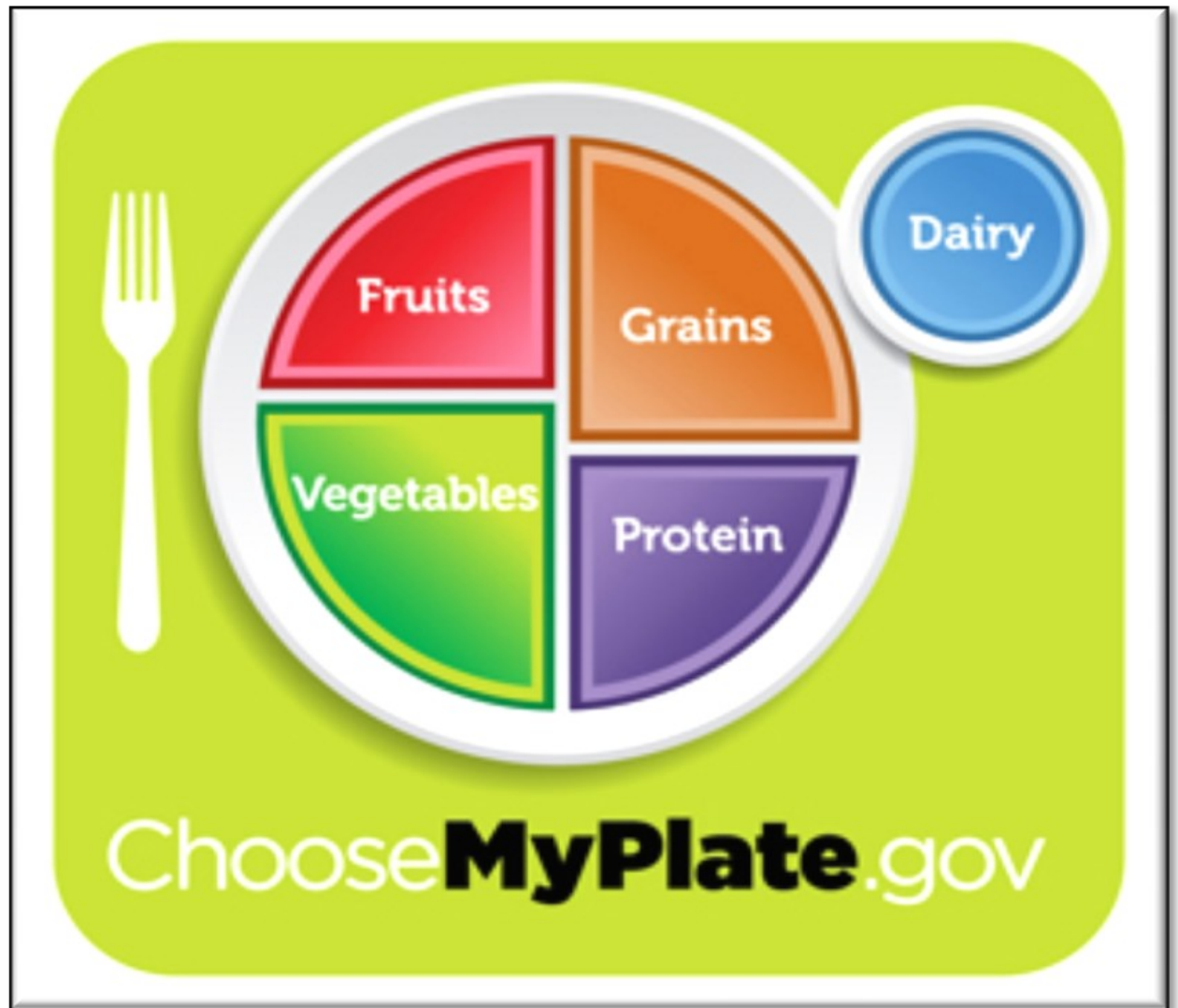
A HEALTHY PLATE

Nutrition Challenge

A Healthy Plate consists of all 5 food groups.

- ♦ log 5 healthy plates each week
- ♦ log weekly for entire 6 weeks (choose your time frame)
- ♦ Must be completed by August 31, 2012

* for a complete list, visit
www.denvergov.org/denverwellness



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