



America's

**more matters** pledge

Fruits & Veggies... Today and Every Day!

[FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org)



LET'S  
MOVE!

## WHO KNEW?!

**Adding dried fruits to your  
salads, cereals, yogurt,  
and more is a tasty and  
delicious tip!**