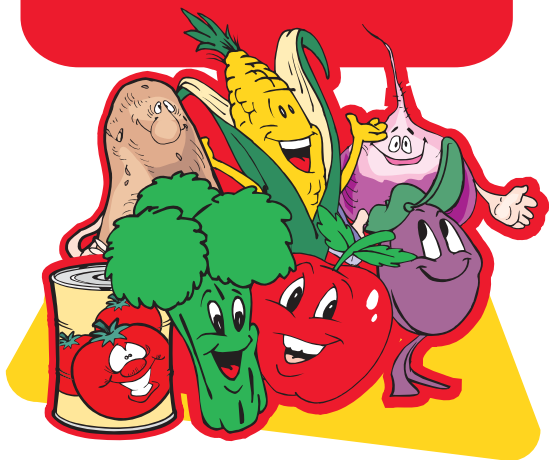


**Add a
fruit or
vegetable
to every
meal!**



Fresh

Frozen

Canned

This Healthy Weight Awareness message is brought to you by



Healthy Maine Partnerships

The people dedicated to helping us live longer and healthier.

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention