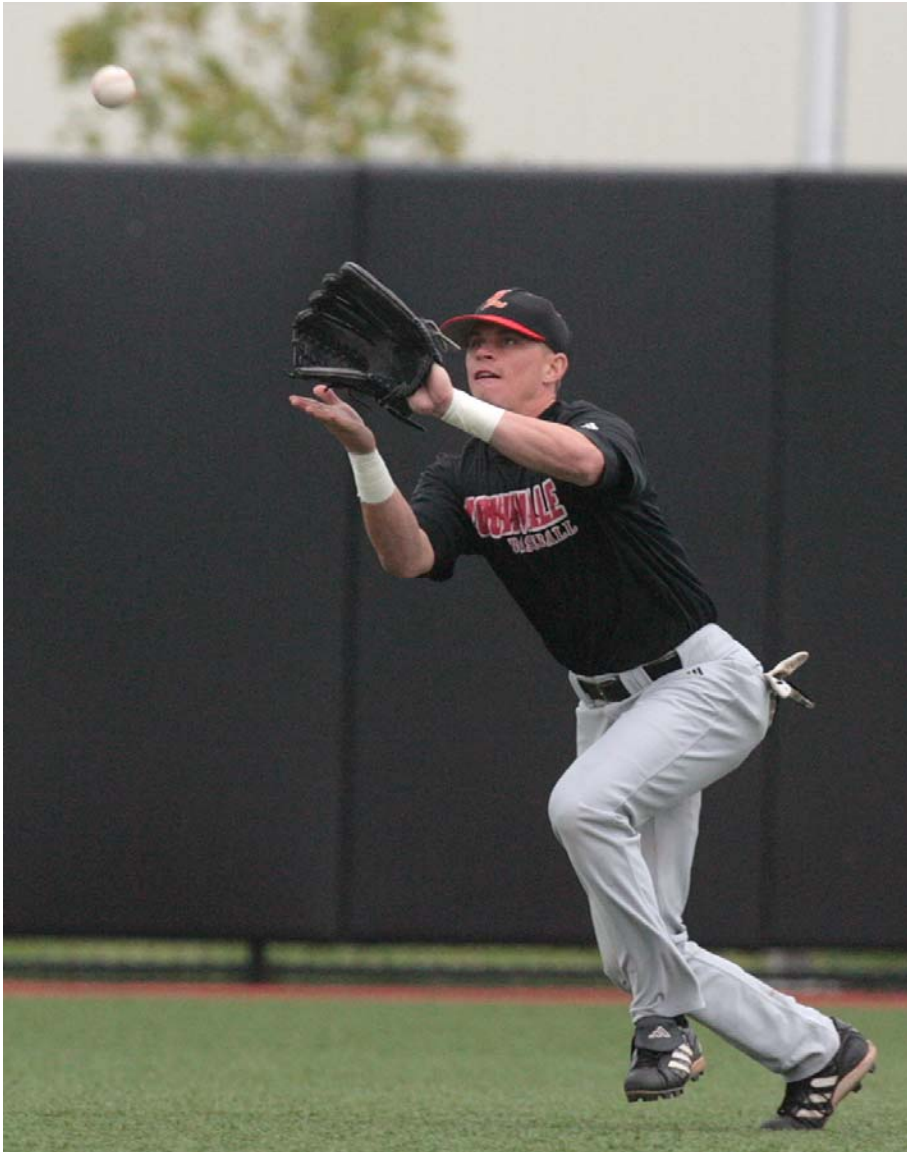


CARDSfit

Family Development and Community Awareness Month



There is a Rainbow On My Plate!

The wide range of vitamins, minerals, fiber, and phytochemicals in colorful fruits and vegetables work together to provide many health benefits. By including a mix of these colors in your diet, at least 5 to 9 servings daily, you can help maintain:

- Healthy Heart
- Memory Function
- Vision Health
- Strong Bones and Teeth
- A Lower Risk of Some Cancers

Your plate should look like a box of Crayolas!

Community Service Community Service

Combine exercise with service by walking around your neighborhood and picking up trash.