



**POWER  
PLAY**

**POWER UP** EAT **FRUITS**  
& **VEGETABLES** AT EVERY MEAL!

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net). | SIGN-539/Ver. 02/12

