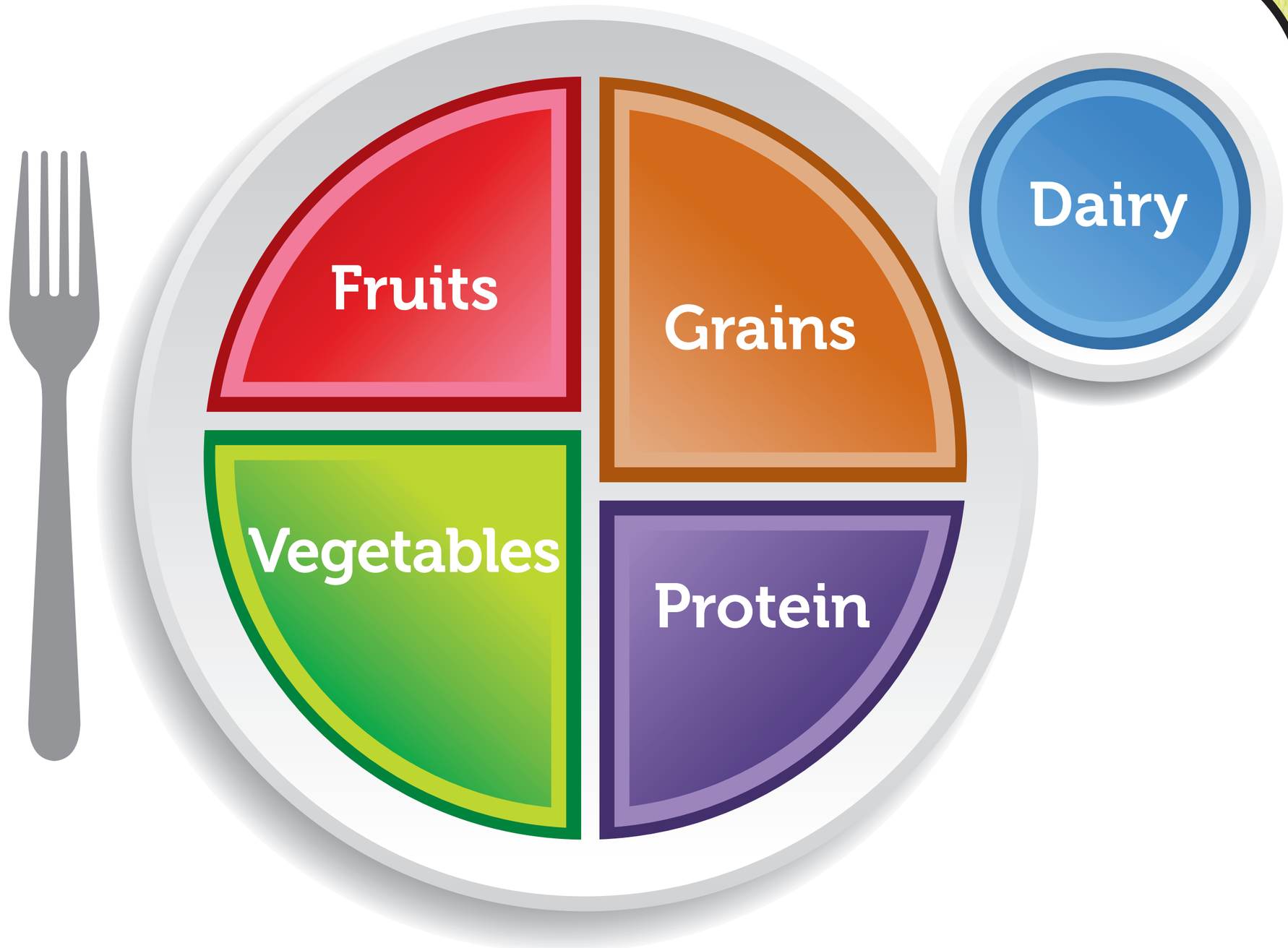
POWER YOUR PLATE!

Make Half Your Plate Fruits and Vegetables

POWER PLAY



ChooseMyPlate.gov

Eat Healthy. Be Active. Have Fun!

CHAMPIONS for CHANGE
Network for a Healthy California

CDPH
California Department of PublicHealth

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

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