



STOCKTON WELLNESS CHALLENGE

JOIN THE 21-DAY FRUIT AND VEGETABLE CHALLENGE

**EATING FRUITS AND VEGETABLES
REDUCES YOUR RISK OF
GETTING CHRONIC DISEASES
LIKE TYPE 2 DIABETES.**

Take the pledge to eat more fruits and vegetables for the next 21 days and be entered into a \$200, \$100, or \$50 gift card raffle!*

Get your Pledge Card at _____.

For questions or more information, text us at 844-993-2004.



ACCESS HEALTHY TIPS AND MORE HERE

Scan the QR code with your mobile device or go to
<https://www.myplate.gov/myplate-plan>

*Submit your pledge card to the participating organization where you received it or text a photo to 844-993-2004 by September 30, 2024, to be entered into a \$200, \$100, or \$50 gift card raffle.