



# STOCKTON WELLNESS CHALLENGE

JOIN THE 21-DAY FRUIT AND VEGETABLE CHALLENGE

**EATING FRUITS AND VEGETABLES  
REDUCES YOUR RISK OF GETTING  
CHRONIC DISEASES.**

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.