



Join America's

more matters

pledge

Fruits & Veggies... Today and Every Day!

FruitsAndVeggiesMoreMatters.org

LET'S
MOVE!

It's time to get motivated and take **America's More Matters Pledge!**

Start by adding more fruits and veggies to your meals and snacks. Think about color and using a variety of fruits and veggies in planning your meals. Include all forms—fresh, frozen, canned, dried, and 100% juice—to provide everyone with healthy choices. Take the pledge at **MoreMatters.org** and commit to healthier living or simply sign here and mail!



YES, I want to join:

America's

more matters pledge: Fruits & Veggies... Today and Every Day!

- ☐ I pledge, for myself and my family, to add one or more fruits and veggies to meals and snacks every day.
- ☐ I pledge, for myself and my family, to have fruits and veggies be half of meals, every day.
- ☐ I pledge to help students in my local school eat more fruits and veggies every day.

First Name:

Last Name:

Street Address:

City, State, Zip:

Email Address:

School You Support:

Your Signature
Here!

Congratulations!

Every pledge taken is one step closer to being healthy for LIFE!

Visit our website at www.FruitsAndVeggiesMoreMatters.org for more information about
America's More Matters Pledge: Fruits & Veggies... Today and Every Day!

My return address:



YES, I want to join:

America's

more matters pledge: Fruits & Veggies... Today and Every Day!

NOTE: Standard
letter postage
required for large
postcard delivery.

Please deliver my pledge to:

Produce for Better Health Foundation

7465 Lancaster Pike

Suite J, 2nd Floor

Hockessin, DE 19707

