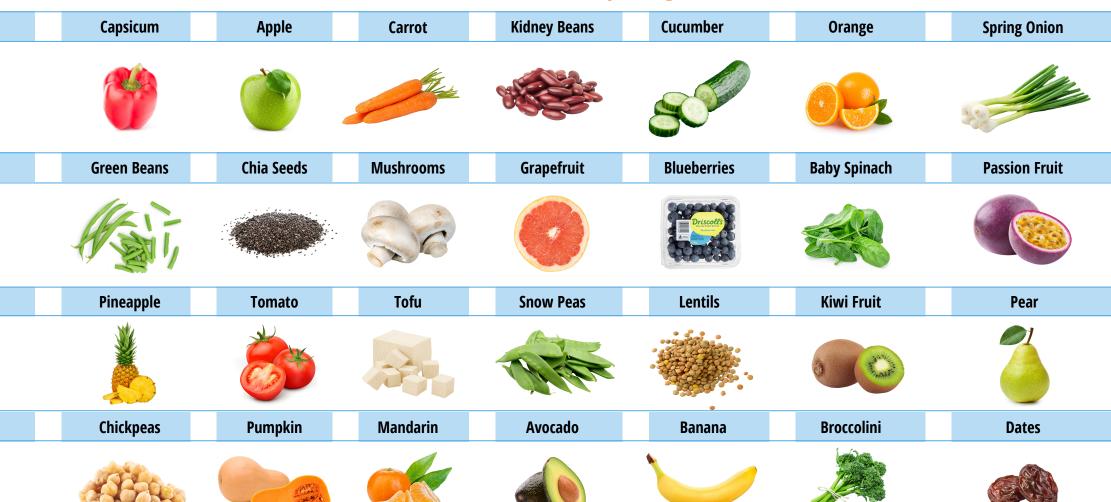
## CHALLENGE: EAT MORE PLANT FOOD

## How many boxes can you tick this month?

be sure to cross out any allergies



We know eating more plant based foods helps us lead longer, healthier & happier lives.

