



Choose to Boost Veggies and Fruit Everyday

Veggie and Fruit Tracker Contest

- 1.** Download a printable tracker from healthykidstbay.com, or pick one up from your Playgrounds leader, at Community events or, the Thunder Bay District Health Unit main reception.
- 2.** Make a check in the box each time you eat veggies and fruit.
Fill-in as many boxes as you can in one week.
- 3.** Submit a photo of your tracker to [@healthykidstbay](https://www.facebook.com/healthykidstbay) on Facebook, Twitter or Instagram #tracker or email to marianne.stewart@tbdhu.com
- 4.** Watch for our monthly draws for Complex Passes, Good Food Boxes and a Chippewa Summer Camps (ages 5-13) registration for the week of August 21-25!
Draws will be done on the last day of the month.

