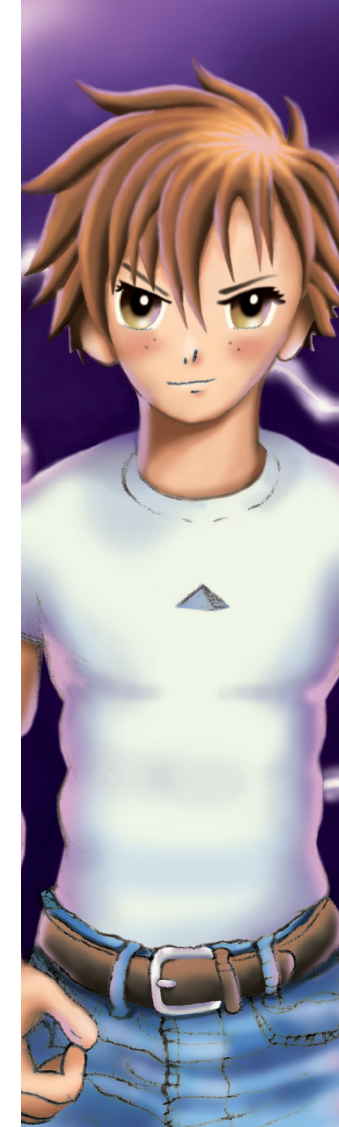
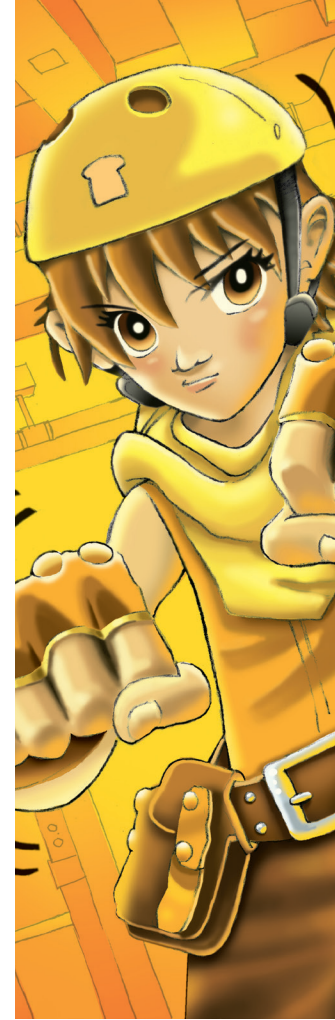
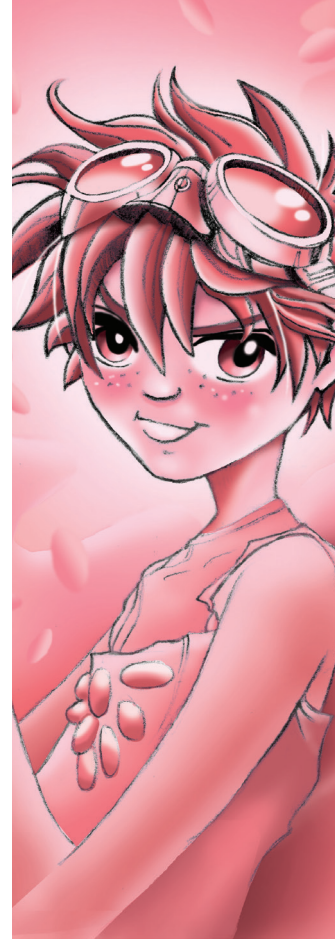
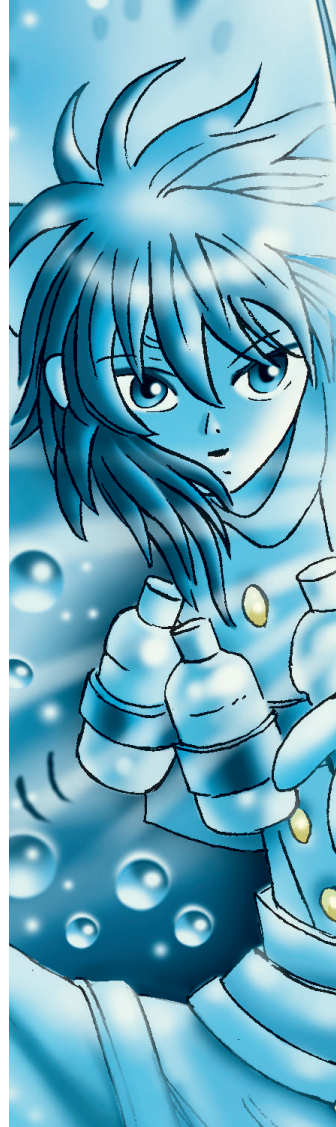
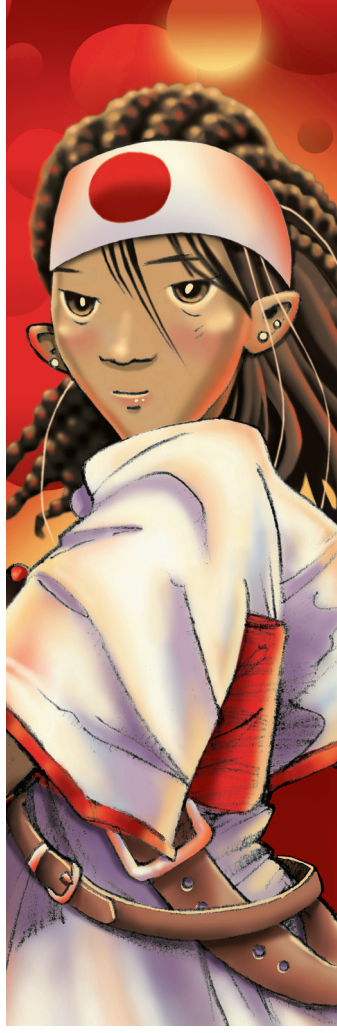


BODY QUEST

FOOD OF THE WARRIOR



VOW OF THE WARRIOR

- ▶ I will enter into the quest for health, strength, and wisdom.
- ▶ I will try new fruits and vegetables.
- ▶ I will share what I learn with my family and friends.
- ▶ I will learn to eat healthy foods every day.
- ▶ I will have fun on my quest.

By signing my name below, I agree to the vow.



ALABAMA COOPERATIVE EXTENSION SYSTEM

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office.

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