

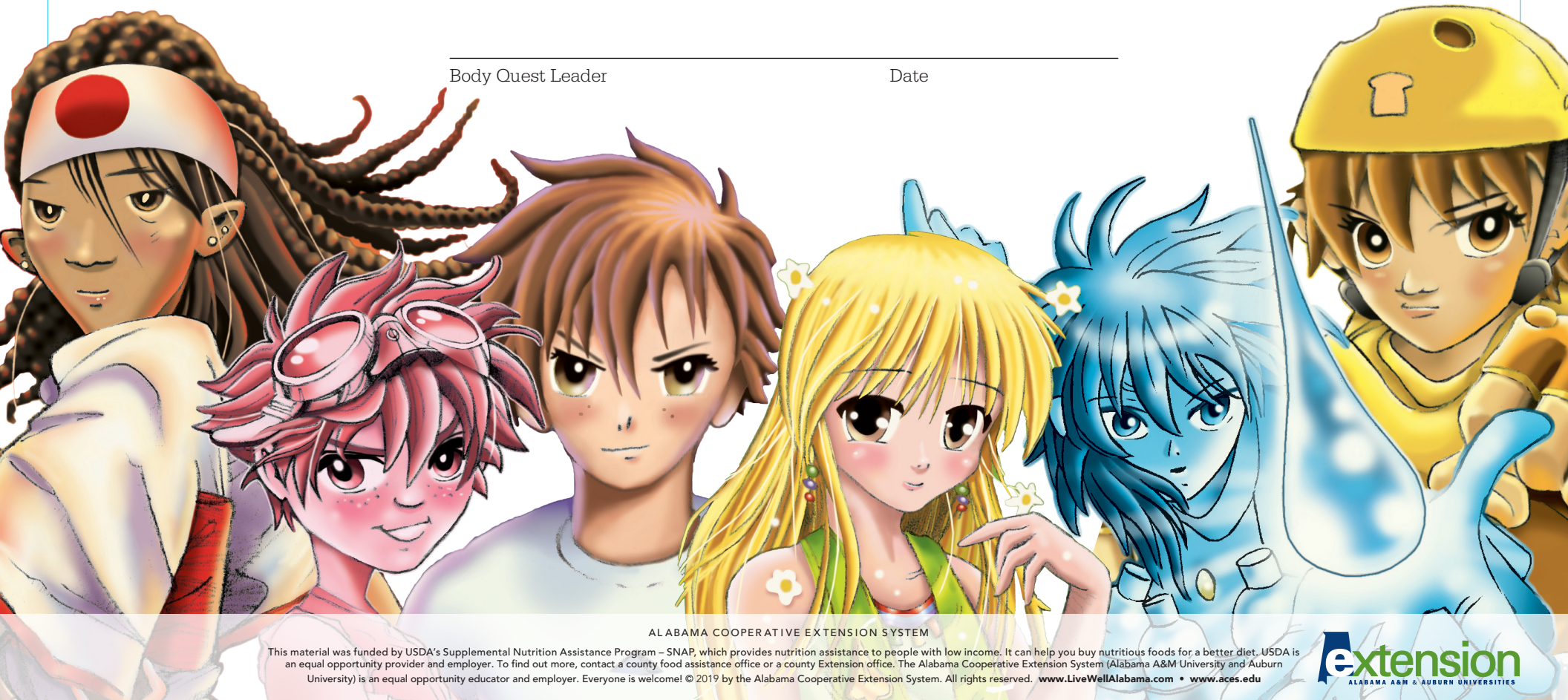
BODY QUEST

FOOD OF THE WARRIOR

I am a Body Quest Warrior!

Body Quest Leader

Date



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. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! © 2019 by the Alabama Cooperative Extension System. All rights reserved. www.LiveWellAlabama.com • www.aces.edu

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