

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.

ALABAMA COOPERATIVE EXTENSION SYSTEM

USDA is an equal opportunity provider and employer. 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. To find out more, contact a county Department of Human Resources office.

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