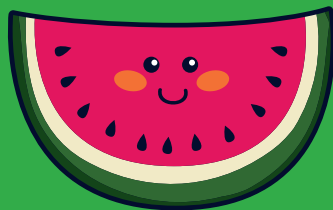
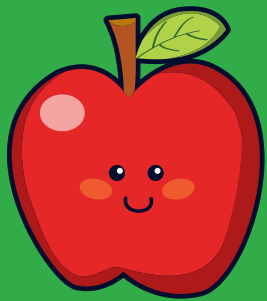


Grab quick &  
healthy snacks.



Give Me  
FIVE

*Eat 5 or more servings of fruits and vegetables.*

[gethealthyclarkcounty.org](http://gethealthyclarkcounty.org)

GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.

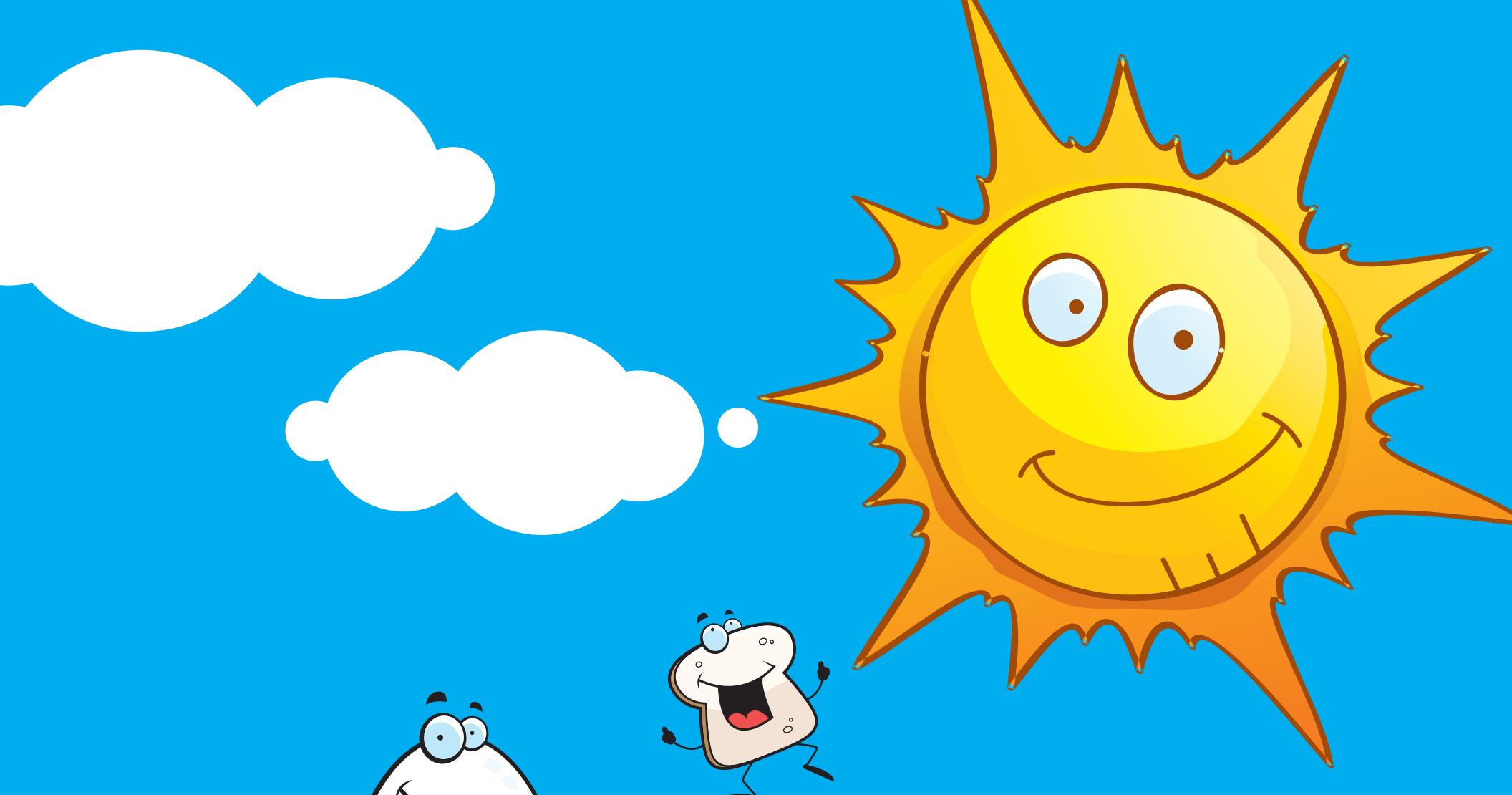
This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.  
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Eating  
healthy  
helps  
you get  
up and  
go!



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# POWER UP with Breakfast.



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