

The Eat Well- Be Well Challenge



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The November

Eat Well- Be Well Challenge

Challenge Rules:

What?

Healthy eating according to Canada's Food Guide includes:

- **Drinking water**
- **Eating fruits and vegetables**
- **A diet with low sodium, sugar and fat**
- **Eat healthy protein foods**



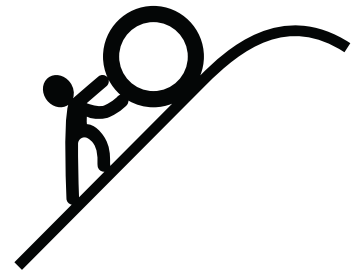
When:

The Challenge is a 4 week long challenge, and will start on November 7th!

What's Included in this Challenge?

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- **Educational toolkits**
- **Tips to Eat Healthy**
- **Tracking Calendar**



Let's go!



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