



Coming Spring 2026!

Colorful Choices is a healthy eating challenge that's a simple, fun way to boost energy and feel your best by putting produce first. You'll learn to:

- Eat a colorful variety of fruits and vegetables every day
- Prepare delicious, produce-rich meals and snacks
- Make selections for peak flavor and nutrition
- Develop eating patterns that enhance vitality and overall well-being.

Opportunities include friends, an optional team competition, interactive message board, and delicious recipes plus daily health tips to share.

- Key Dates:
 - Registration Starts - Monday, March 23, 2026
 - Participant Start Date – Monday, April 6, 2026
 - Registration End Date – Monday, April 13, 2026
 - Last Day of Program – Sunday, May 17, 2026
 - Last Day to Log Activity – Tuesday, May 19, 2026
- Top individual and top team winners will receive a \$20 gift card
- Sign up for Colourful Choices at <https://fedsggetfitmascolorfulchoices.com>

