

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“GOING NATURAL”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

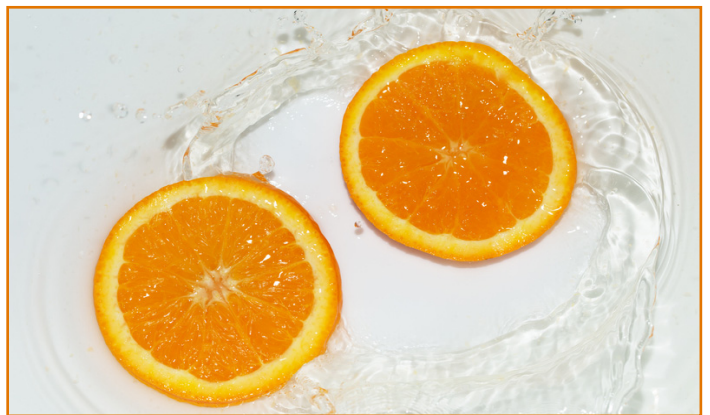
### CUCUMBER

Cucumbers have the highest water content of any solid food -- they're almost 97% water! "Cukes" provide excellent nutrition, and they're great by themselves as a snack or with a yogurt-based dip for even more hydration!



## LEARN EASIER

Good hydration is absolutely crucial for good learning -- after all, your brain is 85% water! Just a small dip in your body's water tank can slow down thinking, wreak havoc with short-term memory, decrease your ability to pay attention, and make focusing on schoolwork or a computer screen much more difficult.



## LIVE HEALTHIER



3 out of 4 Americans are chronically dehydrated. The result? Fatigue. Aches and pains. Reduced performance at school and work. Making sure you stay hydrated throughout the day is perhaps the simplest, cheapest, and most game-changing health measure you can take. And don't wait until you're thirsty!

## PLAY HARDER

Hydrating foods are great for exercise, too -- and they all give you more than just water. Peaches, strawberries, and cantaloupe provide potassium, which your body loses through sweat. And pineapple and cherries help speed recovery by reducing inflammation.



**First things First**

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, all of the meals we serve for breakfast and lunch must include fruit or vegetable servings.

**DON'T GET IT!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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