

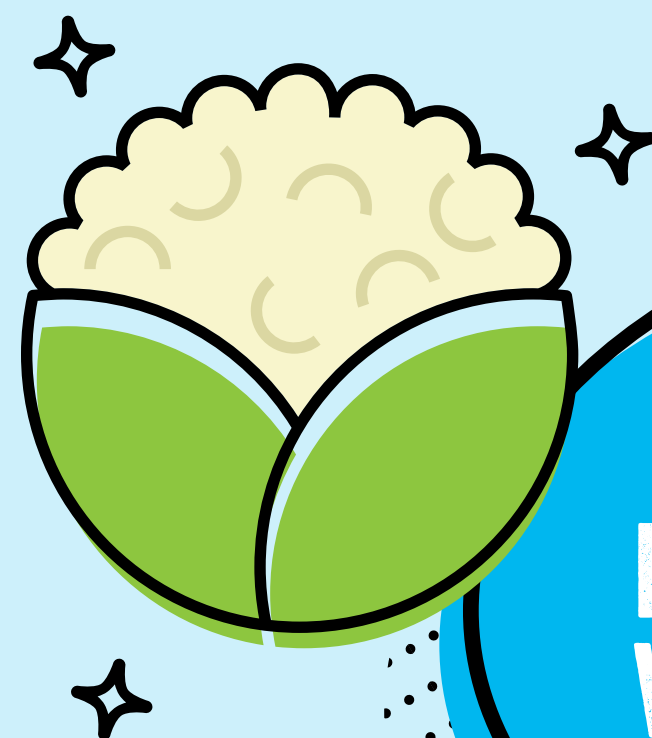
**Follow me
TO BE HEALTHY!**



#400GCHALLENGE

FRUIT & VEG ARE BETTER WITH FRIENDS

By now you surely know that a diet full of fruit and veg is best for your health – so why not spread the word this month? Tell a friend about the #400gChallenge - that (at least) 400g fruit and veg a day helps you get the nutrients your body needs to stay healthy. Here are a few tips for how to share the #400gChallenge with friends.



**LET'S ORDER TAKEAWAY,
WHAT DO YOU WANT?**

**ADD CRUDITÉS
TO YOUR E-APÉRO.**

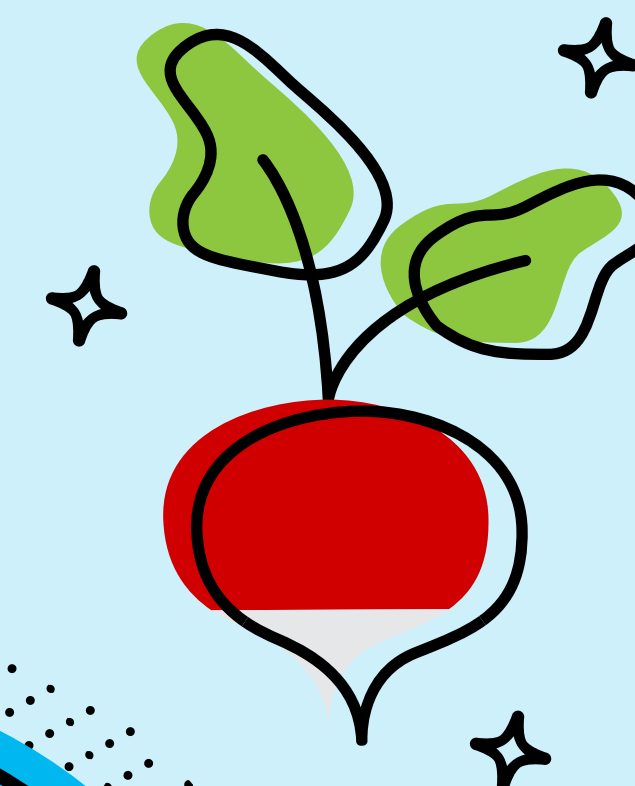
**LIKE CAULIFLOWER,
RADISH OR CELERY**

**BUY A
FRUIT BOWL**

**FOR YOUR ROOMMATES. YOU
CAN KEEP VEG IN IT, TOO.**



**WE CAN SPLIT A
SALAD TOGETHER!**



**ENJOY
IT'S FROM
EUROPE**

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION