

Use your melon.

Eat more fruits and vegetables.

SEPTEMBER IS FRUITS & VEGGIES "MORE MATTERS" MONTH

Visit [FOH.hhs.gov/MORE](https://www.foh.hhs.gov/MORE) for more information.



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES



Cool as a cucumber.

Eat more fruits and vegetables.



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Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

Life's a garden – dig it.

Eat more fruits and vegetables.

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