FUEL UP.
PLAY EVERY DAY.

EAT
ALASKA FISH
LOAD YOUR PLATE WITH COLORS
TURN OFF THE TV AND HEAD OUTSIDE
PUT THE SODA DOWN
PLANT CARROTS
TRY A NEW VEGGIE
GET OUT AND PLAY
EAT WHOLE
LIMIT 100% FRUIT JUICE
BE STRONG
FRUITS
PACK HEALTHY SNACKS
BE FIT

DRINK WATER
PLANT A
LIMIT ADDED SUGARS
SCHOOL GARDEN
IGNORE THE
COOK ALASKA FOODS
ON THE CAMPFIRE
EAT WHOLE GRAINS
DRINK LOW-FAT MILK
VISIT A FARMERS MARKET
BLEND FRUIT SMOOTHIES
CHECK NUTRITION FACTS
POUR LOW-FAT MILK ON CUT FRUIT
BE HEALTHY

DO THE HEALTHY FUTURES CHALLENGE
GO FISHING AND CATCH
GROW YOUR OWN VEGGIES
MAKE A FRUIT SALAD

Get the facts at playeveryday.alaska.gov.