**Go Green this March by Celebrating Green Vegetables**

Greens are fun to eat and an easy to grab snack. Eat your green vegetables on April 6, 2022 to celebrate Go for the Greens supported by The GIANT Company.

Join [INSERT SCHOOL/ORGANIZATION NAME] as we celebrate Go for the Greens by [INSERT EVENT DETAILS HERE].

It’s important to get at least five servings of fruits and vegetables a day to keep you healthy.

Fruits and vegetables are an important part of a nutritious diet. They are low in calories, high in fiber, and make you feel full. Eating fruits and vegetables also provides children with valuable vitamins and minerals they need for good health. Plus, they’re fun to eat!

Eat your greens on April 6th and remember to snack healthy every day.

*Go for the Greens is a program of Penn State PRO Wellness Center. For more information, visit med.psu.edu/PROwellness/.*