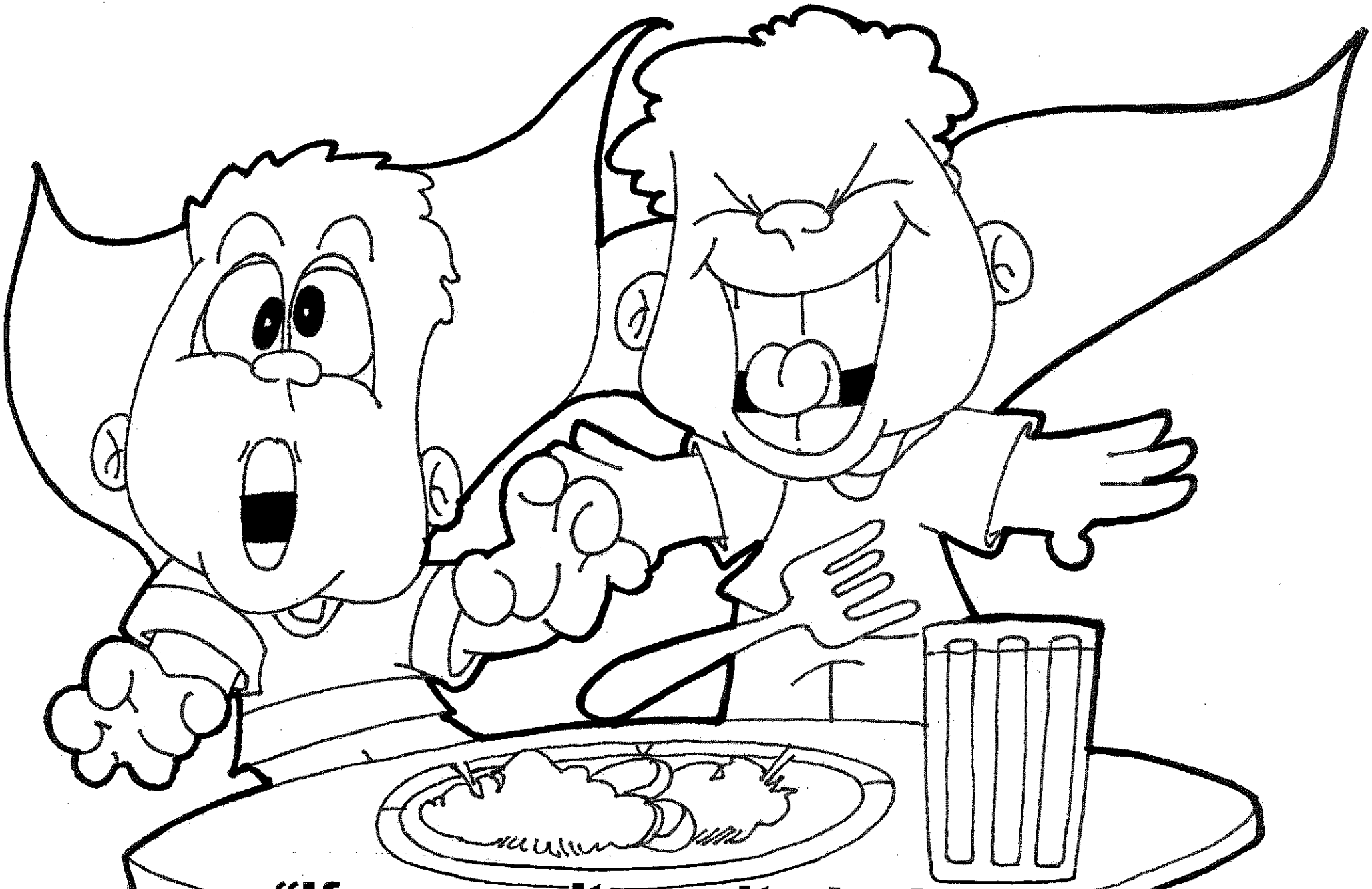
"Whole foods are good for you foods."

JIM WEICHERDING IBSD 2012

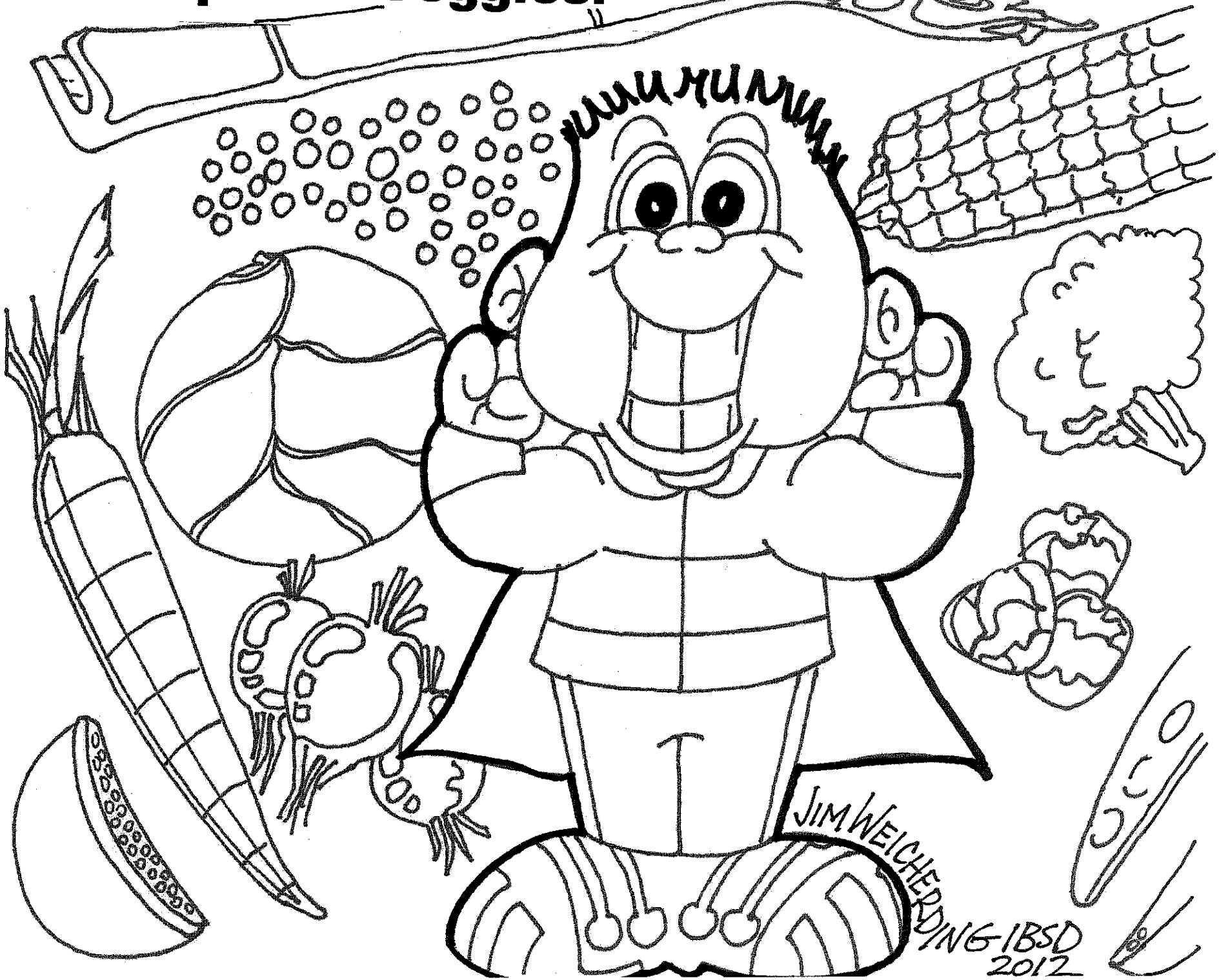
"Fuel the machine with healthy snacks!"



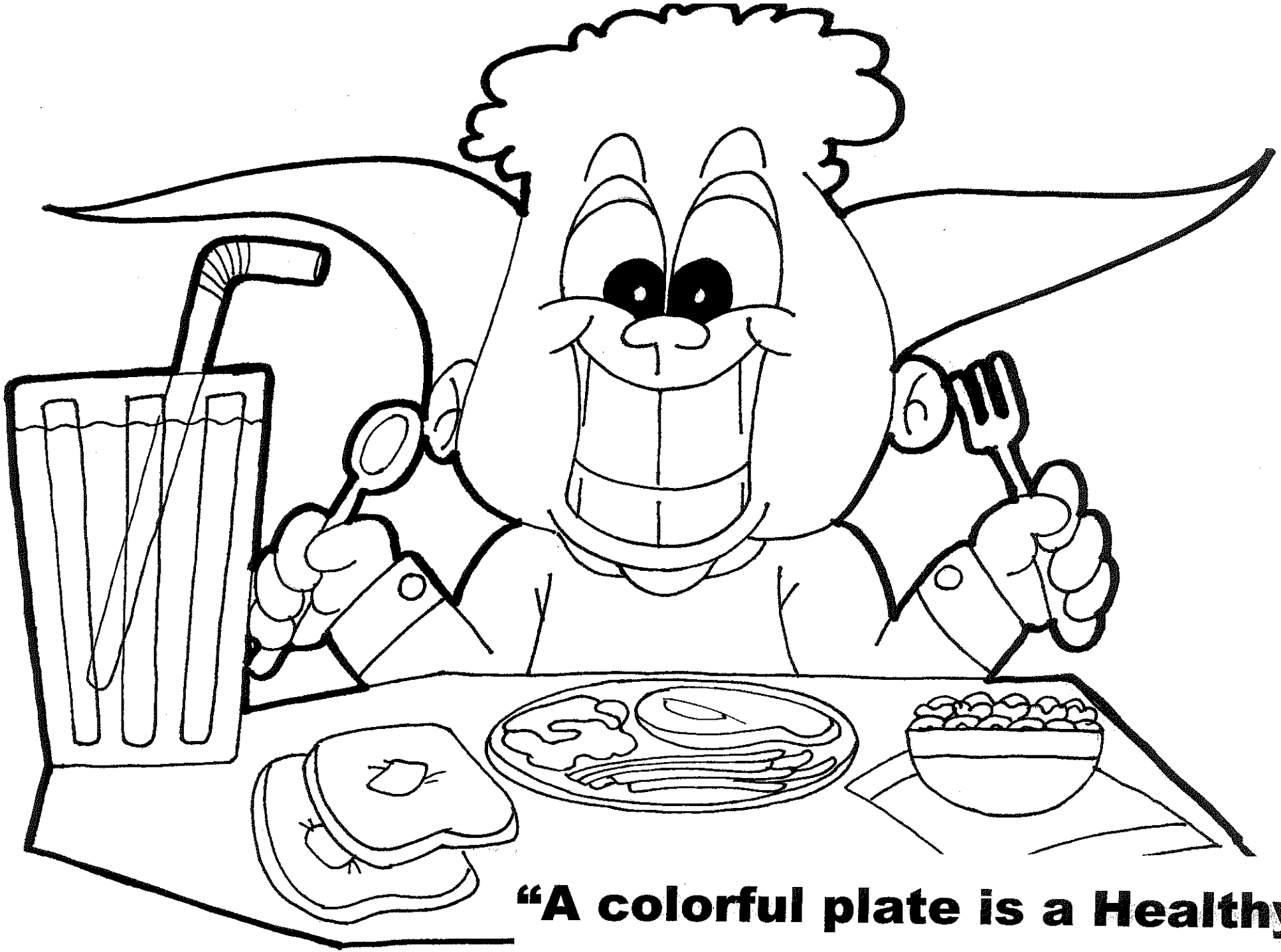
"If you can't say it, don't eat it."

JIM WEICHERDING IBSD 2012

"Power up with Veggies!"



"Water, the ultimate thirst quencher."



"A colorful plate is a Healthy plate."

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"Variety adds fun to life."

JIM WEICHERDING 2012 IBSD

"Are your eyes bigger than your tummy?"
JIM WEICHERDING IBSD 2012

"Buy local, buy Rhode Island!"

"Just a taste. Try something new sometimes."

"Where is the fiber? Fiber is nature's broom."

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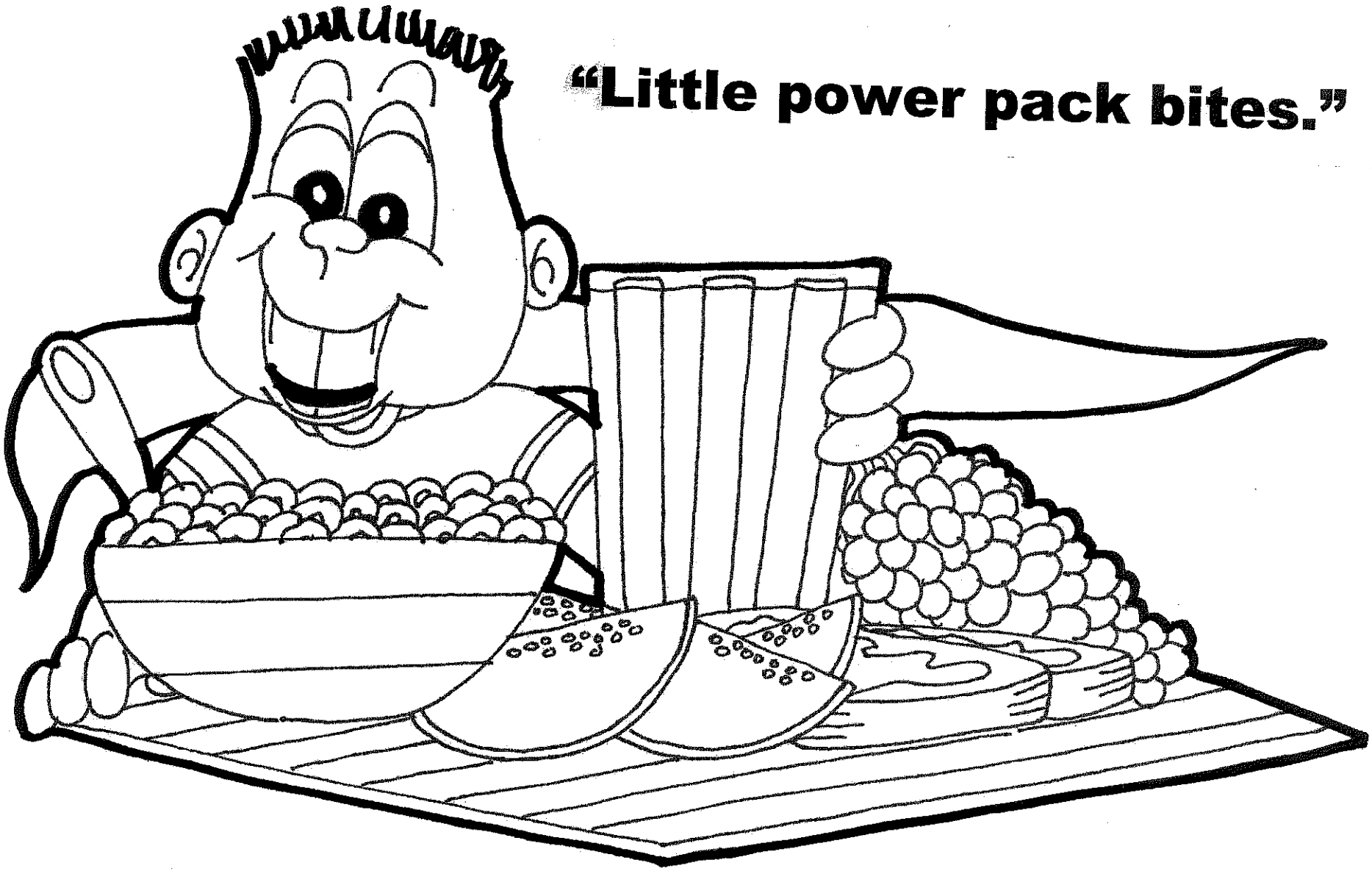

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"1 is enough. Read your labels."

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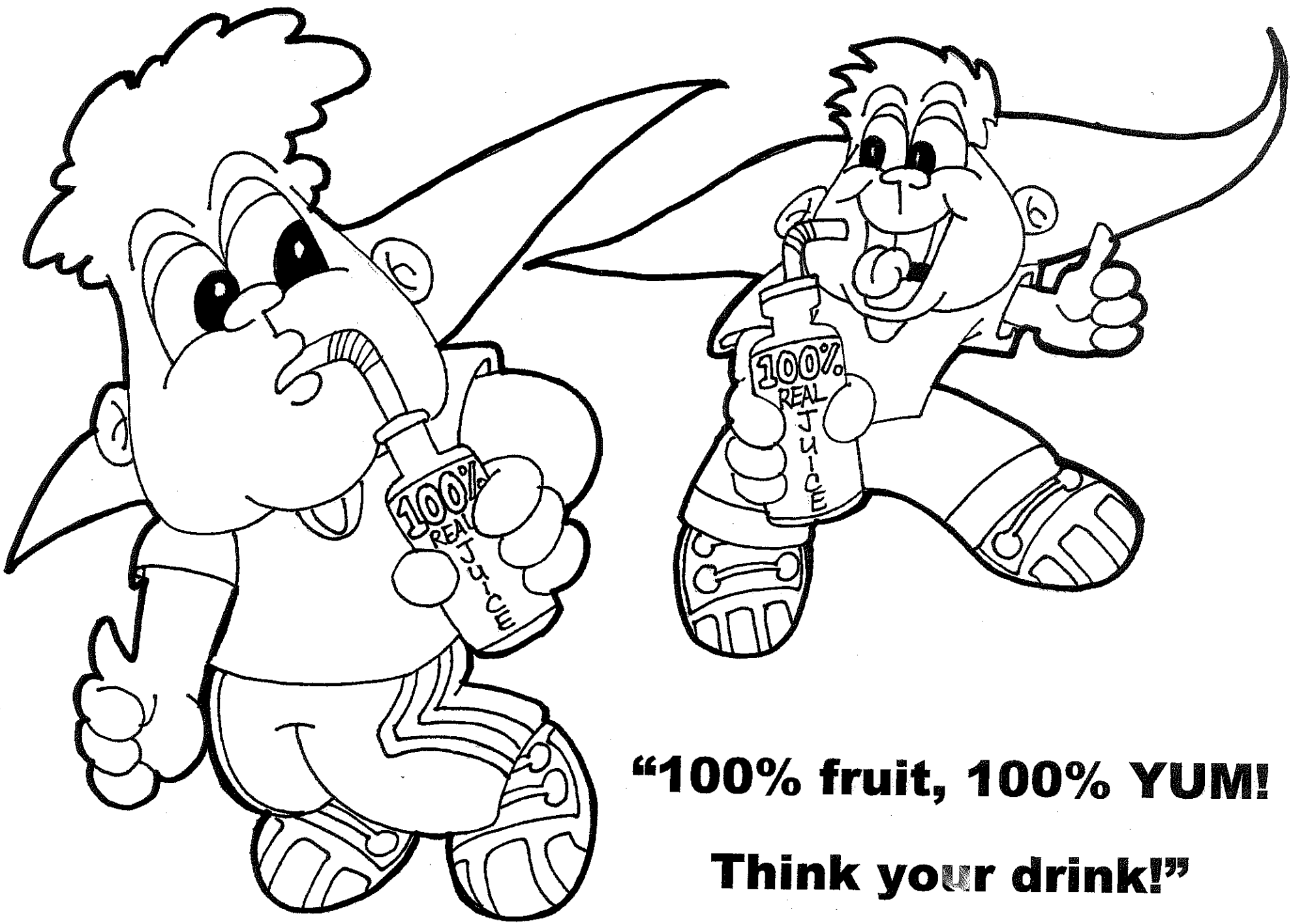

"100% fruit, 100% YUM!

Think your drink!"

JIM WEICHERDING—IBSD 2012

"Fresh fruit is nature's candy."

"Show me how, I can help."