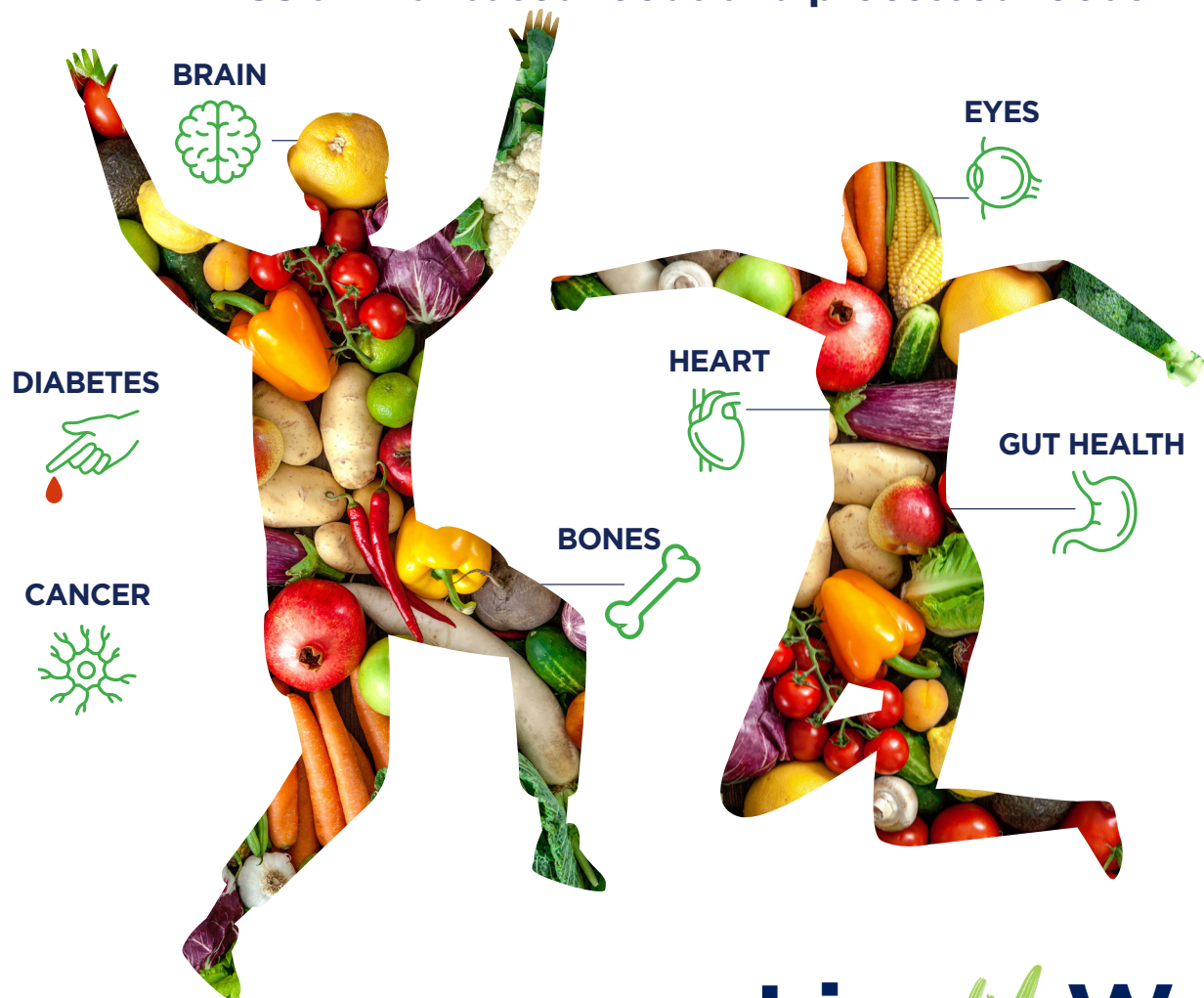




Plant YOURSELF

Protect Your Health!

EAT MORE vegetables, fruits, whole grains, legumes, nuts, seeds
EAT LESS animal based foods and processed foods



Eating food from plants helps protect our bodies by providing better nutrition, a healthier heart, lower diabetes risk, decreased cancer risk, stronger bones, and a happier gut.

Livelife**Well**
Employee Well-being