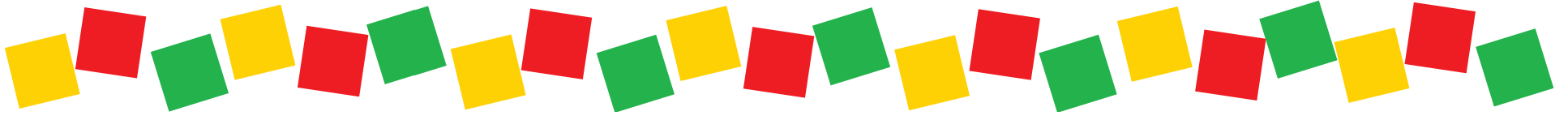


fold and place double sided tape here

fold



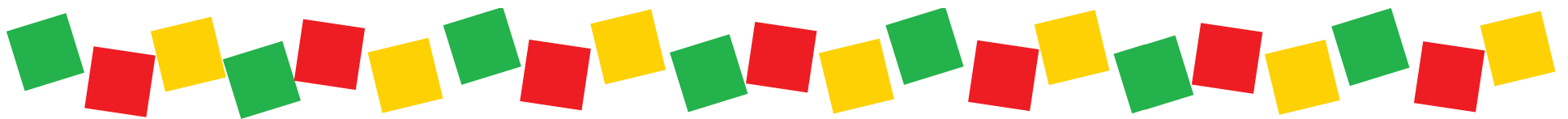
Each snack has a color assigned to the selection code and price. When you match that color to the 'Foodies', you can tell which snack is better for you.



Meet the 'Foodies' - Lucy, Mortimer and Chester! They're in all the break rooms on the snack machines. Let them help you make better choices when you've got to have that mid afternoon boost.



Face Up to Your Health!



Face Up to Your Health!



Lucy – **GOOD CHOICE**

Less than or equal to 30% calories from fat. Less than or equal to 10% saturated fat. Less than or equal to 480 mg. of sodium

Mortimer – **USE CAUTION**

Less than or equal to 50% calories from fat. Less than or equal to 20% saturated fat. Less than or equal to 550 mg. of sodium

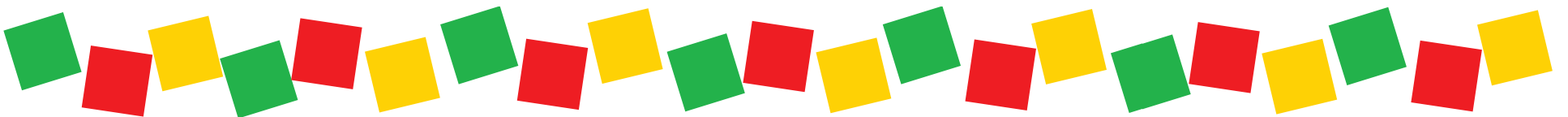


Chester – **DON'T DO IT**

Greater than 50% calories from fat. Greater than 20% saturated fat. Greater than 550 mg. of sodium



BlueCross BlueShield of Illinois



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