



I pledge that from this day forward I will strive to be an ambassador for healthy eating. I, from this day forward, will strive to choose fruit instead of candy, water instead of soda, baked goods instead of fried foods.

I, from this day forward, will strive to educate myself, my family and my community about the benefits of good nutrition and exercise.

I pledge that from this day forward I will be an advocate for healthier food options in my community, so that these positive "good food" solutions that I commit myself to today can be easier for me and for everyone to make.

Personalize your goals here:

Goal 1: _____

Goal 2: _____

Goal 3: _____

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