#XUSTRIVEFOR5

Student Fruit & Veggie Challenge

Step up your fruit & veggie game by participating from January 16-February 2!

How to Participate:

1. Eat
   Fill your plate with fruits & veggies at the Caf, or stock up at the store. Aim for 5 servings per day!

2. Post
   Each week, post a picture of yourself eating or prepping fruits & veggies. Use #XUStrivefor5 and tag @XUWellbeing in your post and earn an entry for weekly prizes.

3. Win
   Two lucky students will receive a $50 Kroger gift card each week. Good luck!

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[Social media icons]