

Thinking about eating Better?

Your _____ and _____
are offering you an exciting, new program.

FOOD STEPS

A program for men and women
that can help you decide to eat better.



- NO gimmicks.

- NO meetings.

- NO costs.

- Complete the program by mail.

FOOD STEPS: won't:

- ask you to give up your favourite foods.
- eat foods you don't like.

It will help you learn more about:

- why you eat the way you do.
- the pros and cons of eating better.
- how small changes can go a long way.

To enrol or for more information, call the FOOD STEPS
Helpline at _____, ext. _____