



# No Junk Food Week In March

## Be a Fit Kid

## Take the No Junk Food Pledge


 Join Fit Kids from across Westchester County in taking the No Junk Food Pledge.

 Just sign the NO JUNK FOOD contract.

 You can win great prizes!!!!

 Say "NO" to those sodas, cookies, potato chips and chocolate bars.

 List one healthy snack you've eaten each day.

 Say "YES" to healthy snacks like fruit, baked chips and salsa.

 The school with the most participants will receive a certificate from Westchester County Executive Andy Spano.

To find out more about NO JUNK FOOD WEEK visit [www.westchestergov.com](http://www.westchestergov.com)  
or call 813-5231