## JOURNEYS DESCRIPTION

### Eat Like a Mediterranean
Learn how to put together delicious meals and snacks at home.

### Fit in More Fruit
Try new ways to add fruit to your meals and snacks.

### Go Mediterranean
Take a cue from Mediterranean eaters. Learn how this diet can help you lose weight and lower your risk of heart disease.

### More Veggies in No Time
With so many different choices and easy prep, you can be a veggie master in no time.

### Smart Portions
Learn some simple tricks to make smart portion choices.

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Complete a journey step = 250 points  
Complete an entire journey = 2000 points  
** 2000 bonus points awarded for each Journey completed between June 1 – July 12  
(Up to 3 max)