


OPERATION EAT RIGHT

June 1 - July 12, 2020



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.

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)

