

A decorative border of various fruits and vegetables surrounds the central text. The items include: two carrots, a green cucumber, a tomato, a bunch of leafy greens, a green onion, a purple flower, a bunch of tomatoes, a yellow bell pepper, a bunch of green grapes, three lemons, a bunch of leafy greens, a beet, a head of cauliflower, a head of lettuce, a potato, a yellow bell pepper, a bunch of raspberries, a pear, an apple, a lemon, and a corn cob. At the bottom, there are two stalks of green beans, a bunch of rainbow chard, a corn cob, and a cucumber.

**I pledge to fill half my plate
with fruits and vegetables.**

Date: _____

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