



# MIX IT UP

## Mix it up on your break

There are plenty of new healthy choices to choose from. So the next time you're at the vending machine pick out a **yellow** or **green** item. And make your snack break a healthy one.



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## Those calories REALLY add up

You don't care about what's on the back of a label as long as it tastes good. Healthy food can taste good, too. That's why we have added healthier options in our vending machines for you to enjoy. You can find them because they will have a **green** or **yellow** sticker next to them. Mix it up to live a healthier life.



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## One Snickers will take 60 minutes of riding a bike to burn off

The **red** items taste good, but those calories can really add up. That's why you should substitute a **green** or **yellow** snack several times a week. They're healthier for you and are a lot easier to burn off. So start a healthier lifestyle at work. Mix it up.

