

# The Action Pack

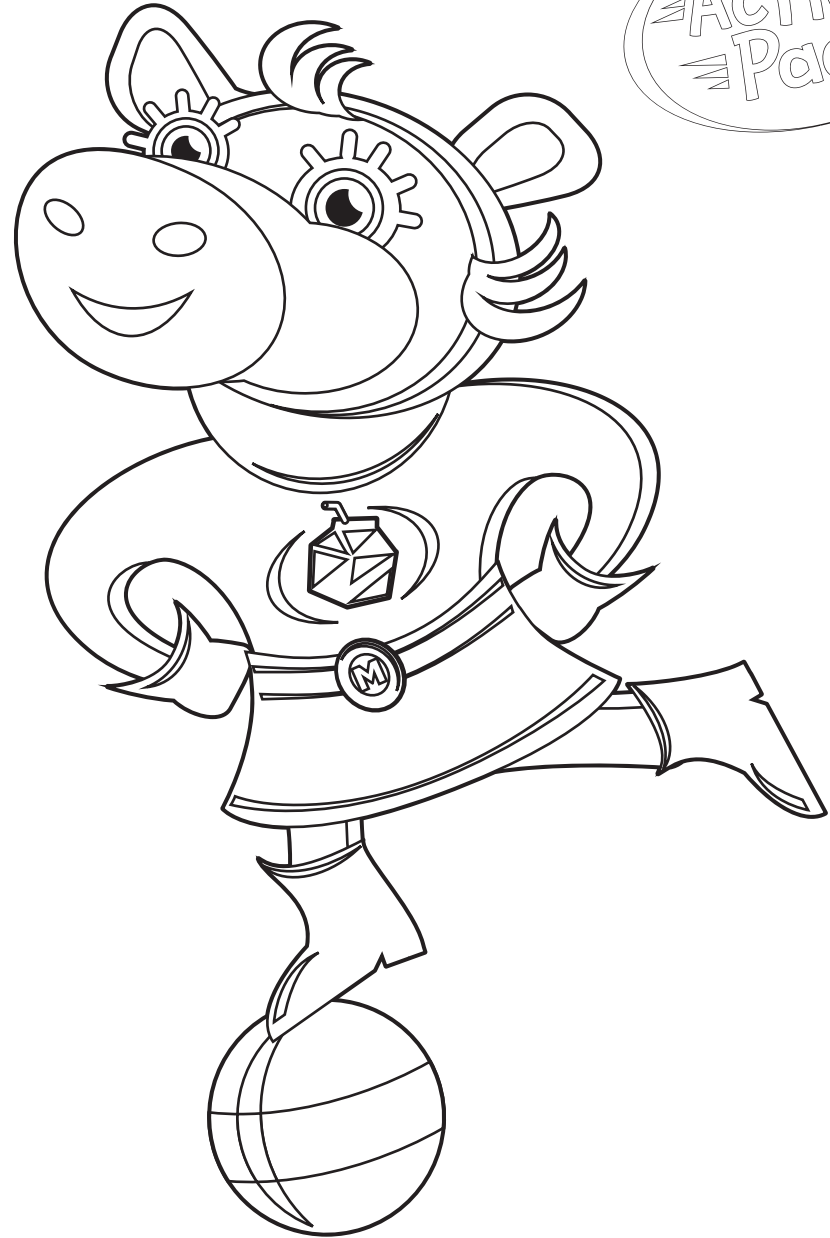
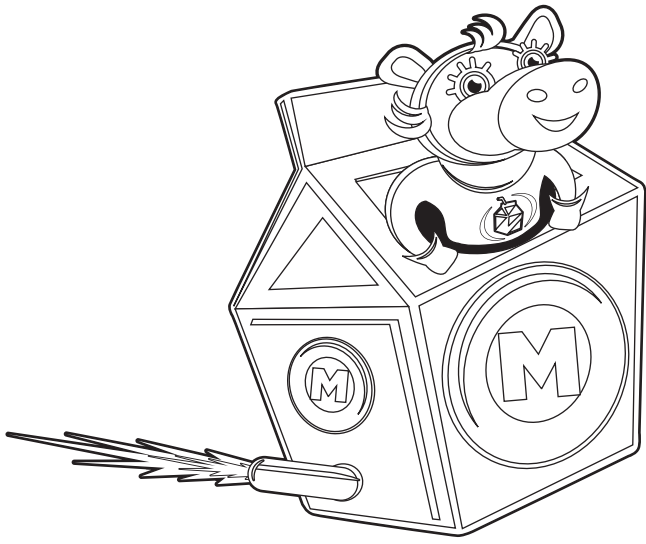
**Take Action!  
Eat Healthy**  
Eat fruits, veggies and  
low-fat dairy!



[www.ct.gov/dph/actionpack](http://www.ct.gov/dph/actionpack)

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.





Low-fat dairy like milk, yogurt and cheese,  
helps Momma Moozie balance and stay active.

Momma Moozie's super power is balance.

Momma Moozie flies a jet-propelled milk carton.

# MOMMA MOOZIE

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Fruits like bananas, oranges and grapes, help Champy be strong and stay swingin'.

Champy's super power is strength.

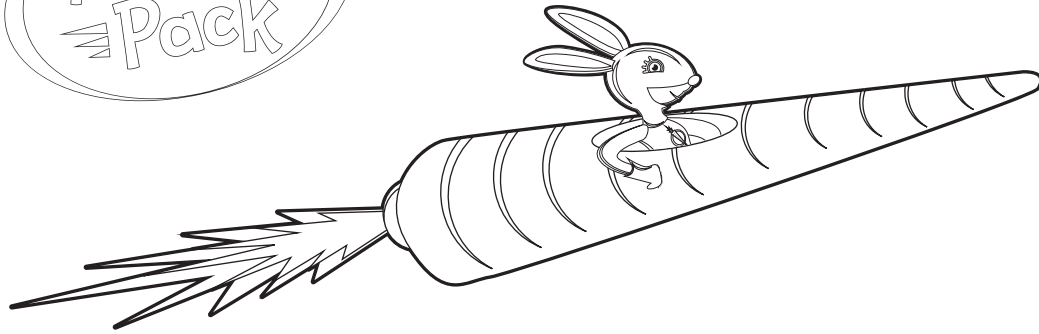
Champy surfs a jet-propelled banana board – part skateboard and part rocket.

# CHAMPY

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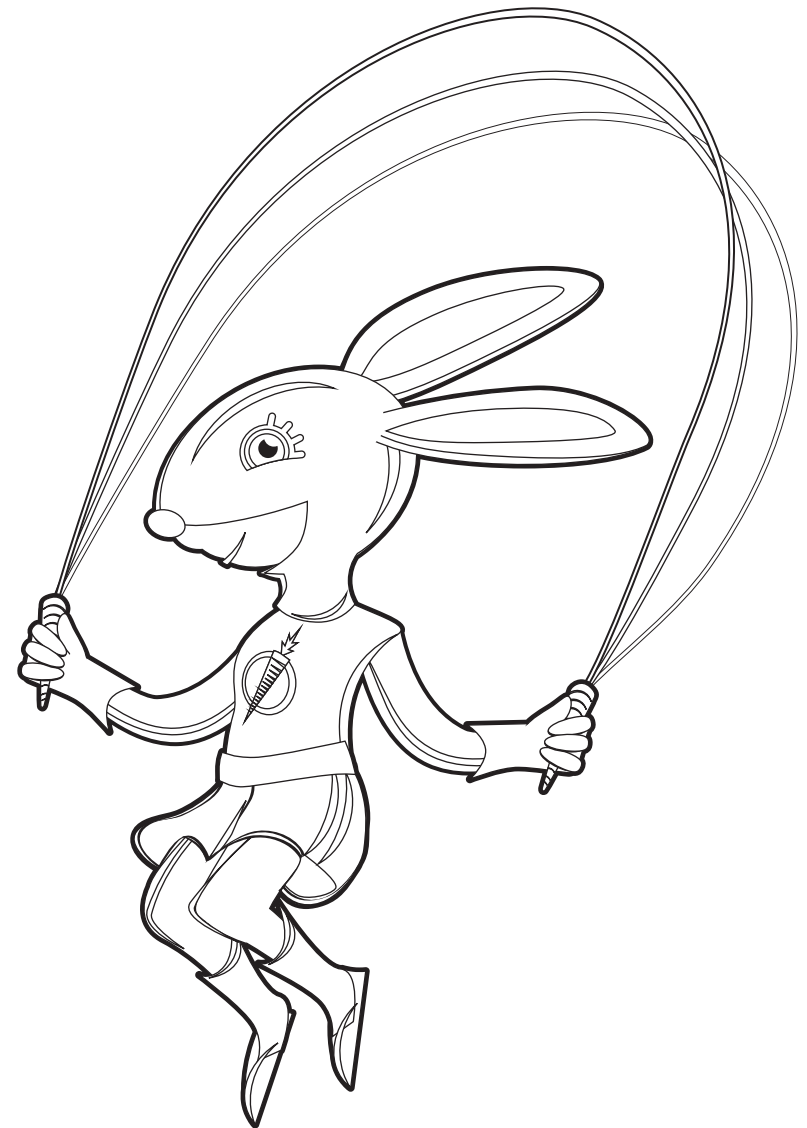


Veggies like carrots, broccoli and peppers,  
help Sunny jump high and keep skippin'.

Sunny's super power is jumping.

Sunny pilots a jet-propelled carrot rocket.

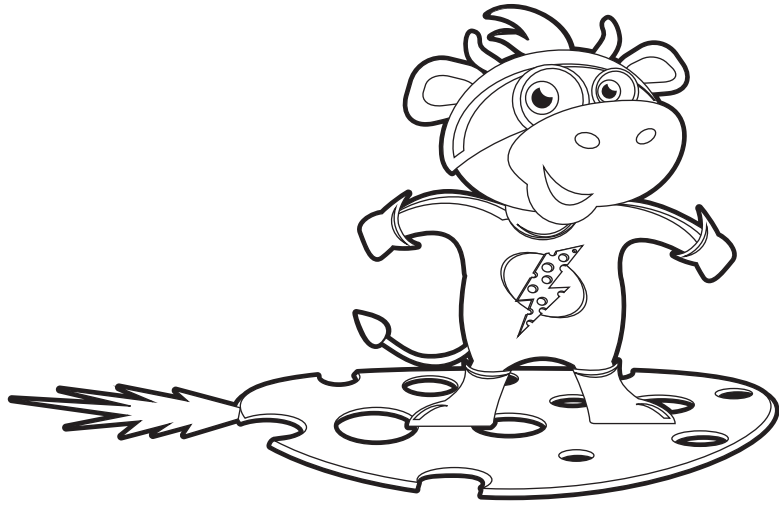
# SUNNY



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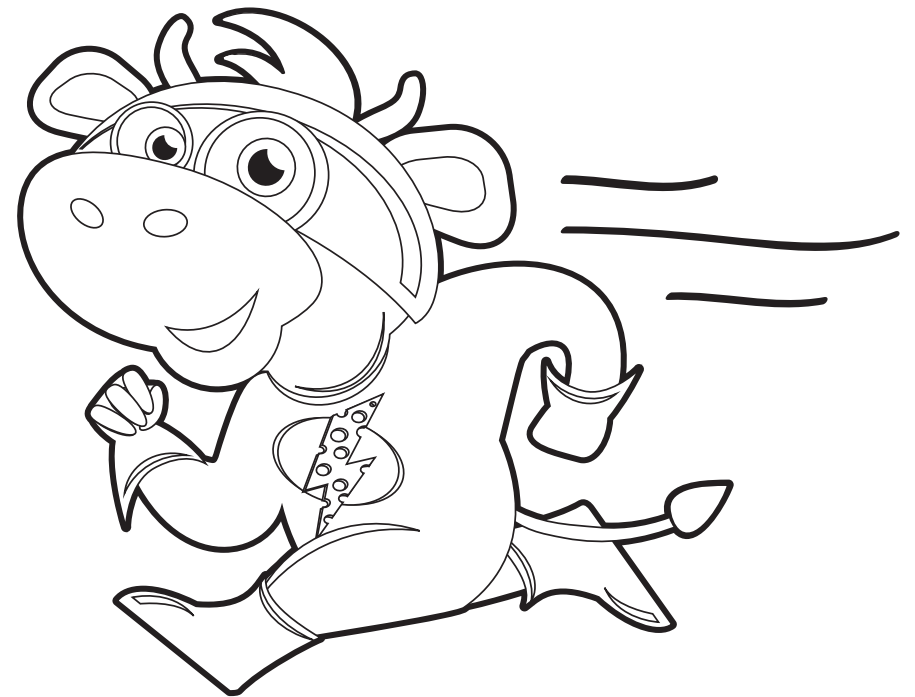




Low-fat dairy like milk, yogurt and cheese,  
helps Little Mookie play hard and keep moovin'.

Little Mookie's super power is playing hard.

Little Mookie flies a jet-propelled cheese skateboard.



# LITTLE MOOKIE

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