

**“But, I like buying pre-made snacks...”**

*Snack attack hits, you pick this:*



**WHY  
ACT  
NOW**

Real food  
doesn't  
have a  
label.

*Next time, pick something that doesn't come wrapped in plastic.*



**Vegetables & fruits are always a better choice.**



Facebook.com/WhyActNow



UNIVERSITY OF  
ALBERTA

Funded by:

Alberta Health

Indigenous & Global Health Research Group

Dr. Gita Sharma, Faculty of Medicine & Dentistry

Unit 5-10 University Terrace, 8303 -112 Street

Edmonton, AB T6G 2T4

(780) 492-3214

info@whyactnow.ca



@whyactnow