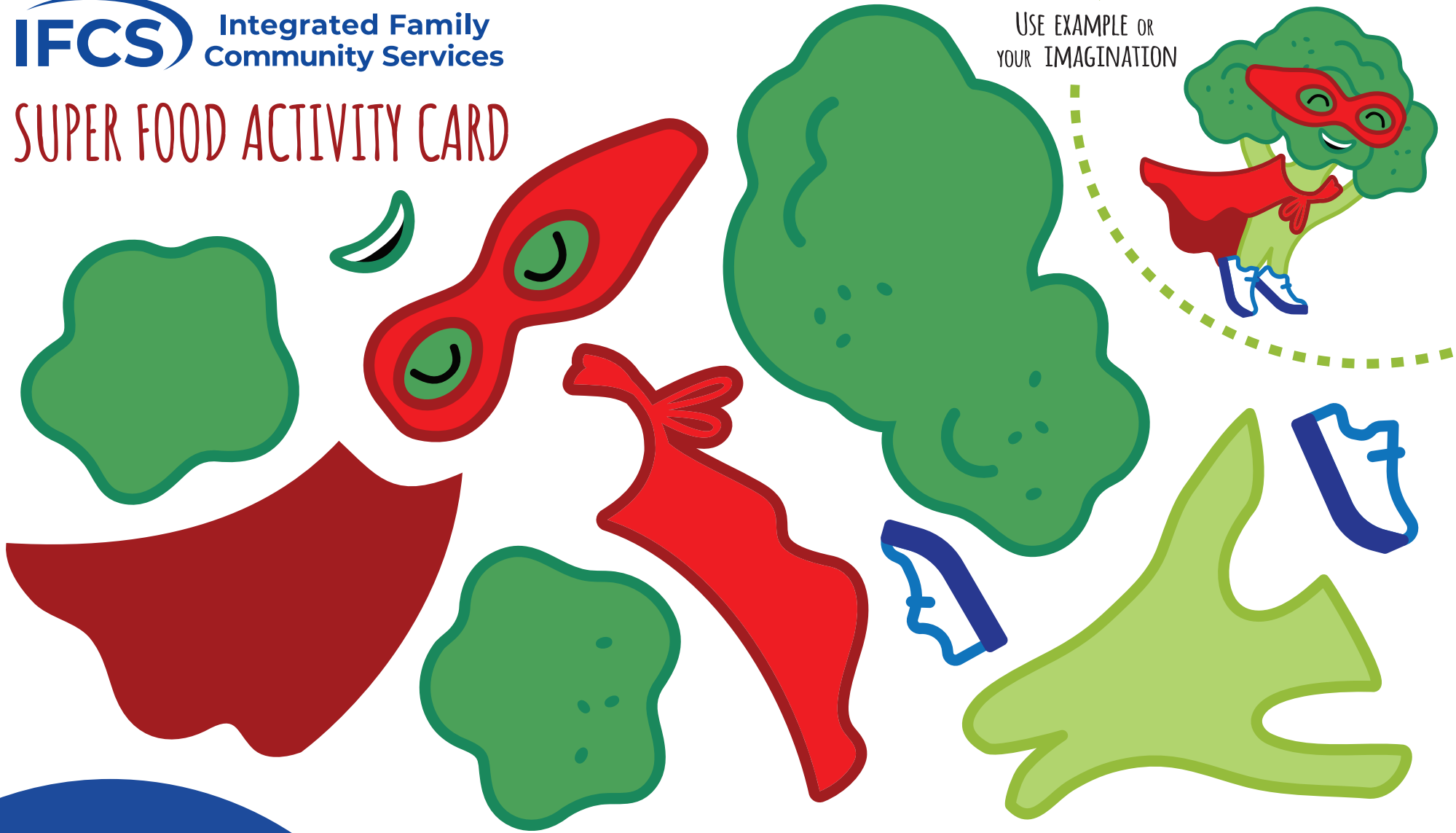


SUPER FOOD ACTIVITY CARD



USE EXAMPLE OR
YOUR IMAGINATION

CUT & GLUE

CUT OUT



1

GLUE



2

SHARE



3

FOR A CHANCE TO WIN 2 TICKETS TO THE 2023
NIBBLES & SIPS GALA, COMPLETE ANY OF THESE:

- Share on Facebook and tag IFCS (@IntegratedFamily)
- Share on Instagram and tag IFCS (@ifcscolorado)
- Share on Twitter and tag IFCS (@IFCSColorado)

EACH SHARE COMPLETED (UP TO 3 PER PERSON) WILL BE
ENTERED IN THE SUMMER RAFFLE DRAWING ON 9/1/22!