



'OLELO YOUTH XCHANGE STATEWIDE VIDEO CONTEST




MO' VEGGIES MO' BETTAH!



CREATE A 1-2 MINUTE VIDEO

Eating healthy and nutritious foods are
key to powering your brain and
strengthening your body

SHOW US HOW YOU GET VEGGIES AND FRUITS EVERY DAY!

- Do you cook nutritious meals with family and friends?
 - Do you eat the veggies and fruits served in school?
 - Do you get local produce from a home or school garden?
 - Do you go food shopping with parents or relatives?
 - Have you ever been to a local farmers market?
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Visit <https://olelo.org/yxc2025/contest/>
for contest updates.



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