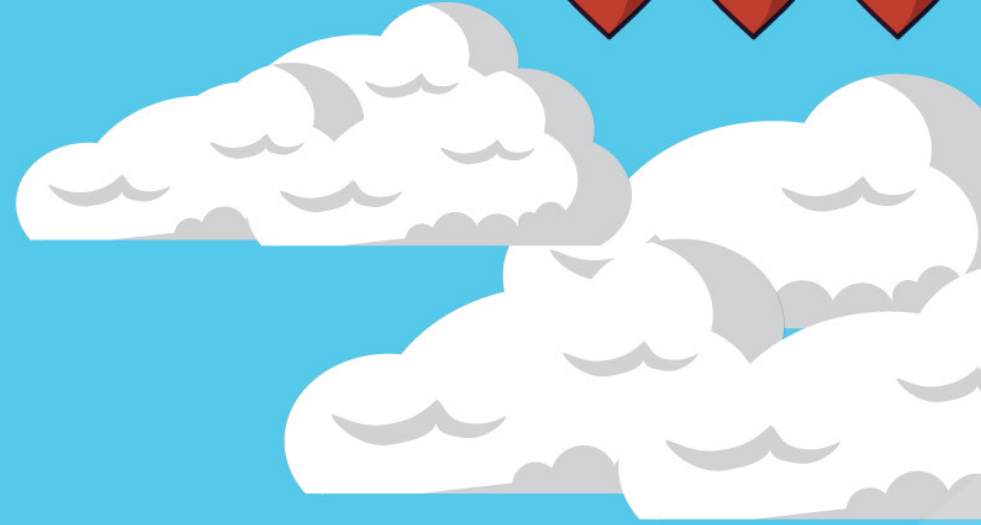


# SUGAR SMASHERS CHALLENGE

Don't let empty calories zap your energy!

JULY 10<sup>TH</sup> – AUGUST 6<sup>TH</sup>



## HOW IT WORKS:

Earn 1 point each day you stay away from:

- High Sugar Foods (cakes, candy, cookies, donuts, ice cream)

AND

- High Sugar Beverages (soda, lemonade, fruit juice, sweet tea, flavored coffees)

## GOAL:

Earn 20 points to complete the challenge, which equals 100 Healthy Rewards points.

Register and track progress on [Viverae portal](#) or app.

Finishers will receive \$5 in Market Bucks that can be used exclusively at the [Larimer County Farmer's Market](#).

