

# The St. Michael's November Fruit Challenge!

To earn a fruit/vegetable note,  
eat one serving of one of these:



Write your name on your note and save it until you come to the gym.  
The Class with the most number of fruit notes on the wall at the end  
of November win an extra gym Class and a fruit party!

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While these items have the word "fruit" on them, they actually do  
not count as a serving of fruit:

