

Chill Out!

Next time you're shopping, stock up on frozen and canned fruit and vegetables. Dinner will be fast and easy to cook. Plus you could save a life. Yours.

stack the odds in your favour



www.livesmart.org.nz

**Stack the odds in your favour.
Do the simple things.**

Chill out

Stock up on frozen and canned fruit and vegetables. They're just as good as fresh.

Research News:

Being active, eating well and keeping your weight down will reduce your risk of cancer.

Start stacking the odds
in your favour!
Head to
www.livesmart.org.nz to
get your own personal
LiveSmart email coach

www.livesmart.org.nz



Brought to you by the Cancer Society because we want to reduce the rates of cancer in New Zealand.

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Fast Food

Keep a bowl of apples, bananas and carrots on your table.

It'll give your family and friends a fast food fill up.

Plus you could save a life. Yours.

stack the odds in your favour



www.livesmart.org.nz

Stack the odds in your favour.
Do the simple things.

Go for 5+ a Day

To make it easy try 3 veg & 2 fruit
like carrots, avocados, tomatoes, apples and bananas.

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