



# Face Up to Your Health!

Make the right food choices – whether it's a mid-afternoon snack or a meal. Our three 'foodies' will help you. To make a better snack decision, match their color to the colors on the snack machines.



Lucy has a happy face.  
She always gets a **GREEN** snack and **GREEN** means  
Go, Good, Yes, Right on, You go Girlfriend!

Mortimer's face is thoughtful  
as he chooses a **YELLOW** snack.  
**YELLOW** means

CAUTION, Could be better, Just this once, Maybe I shouldn't.



Chester has a sad face.  
He knows he shouldn't but he often picks  
a **RED** snack. **RED** says  
Hello???, Wrong!, No!, Don't do it, brother!

Now that you understand our

**'FOODIES'**

whose snack will you pick?



BlueCross BlueShield  
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