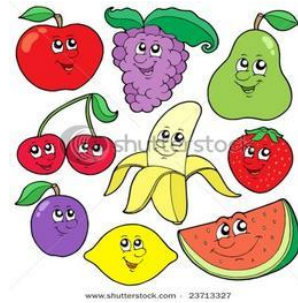


# June 2016 Monthly Challenge Options

- Upload at least one new healthy recipe to the WCDHD Posse Facebook page weekly, for the entire month of June 2016.



- Modify snacks to be only fruit or vegetables at least 3 X a week, for the month of June 2016.



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!