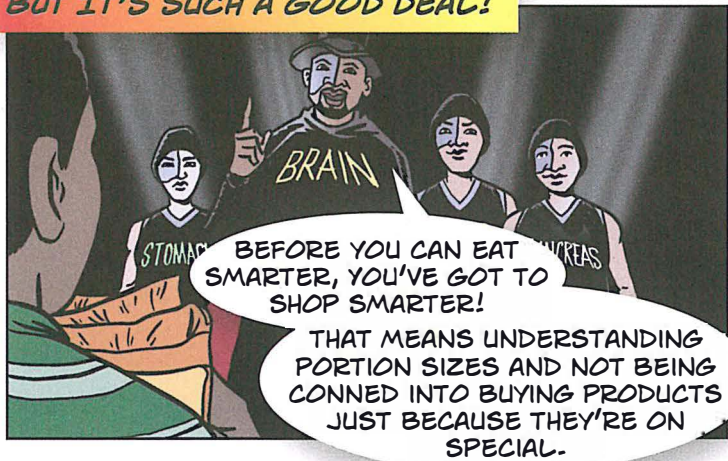
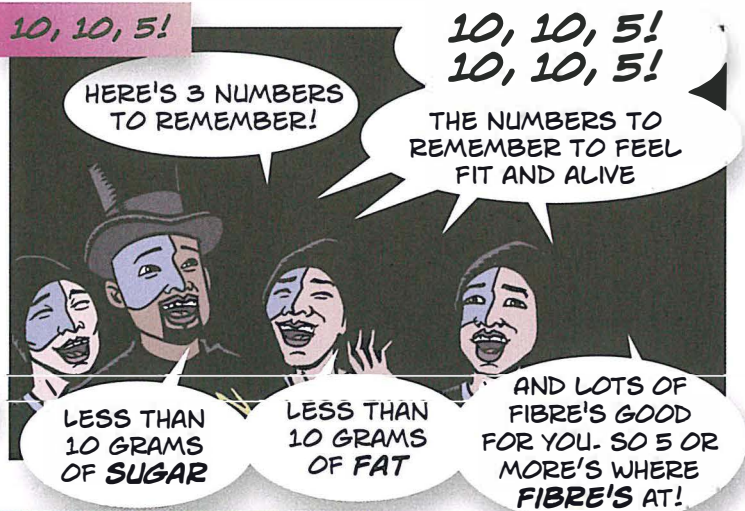


# KEY MESSAGES FROM THE 'SHOP FOR YOUR LIFE' DVD

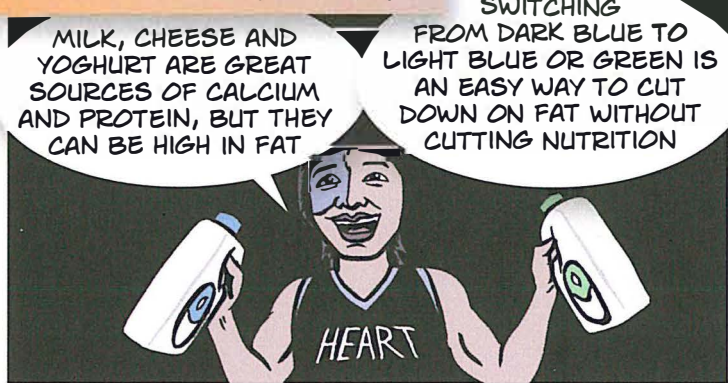
## BUT IT'S SUCH A GOOD DEAL!



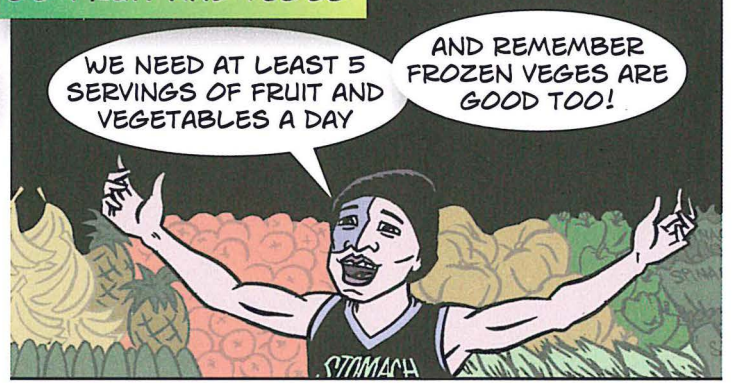
## 10, 10, 5!



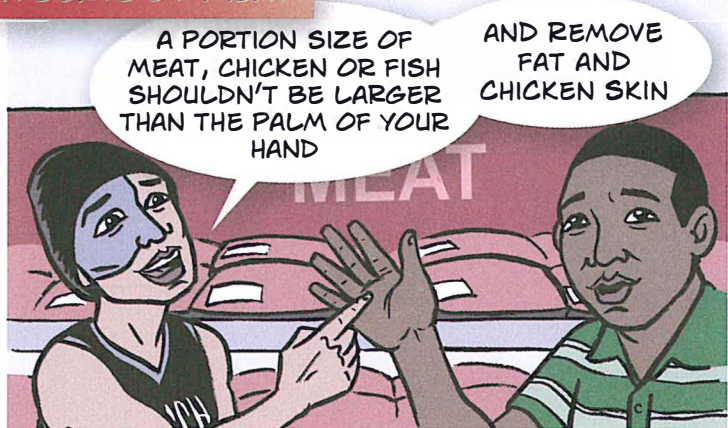
## DOING A SWITCH ON DAIRY



## GO FRUIT AND VEGES



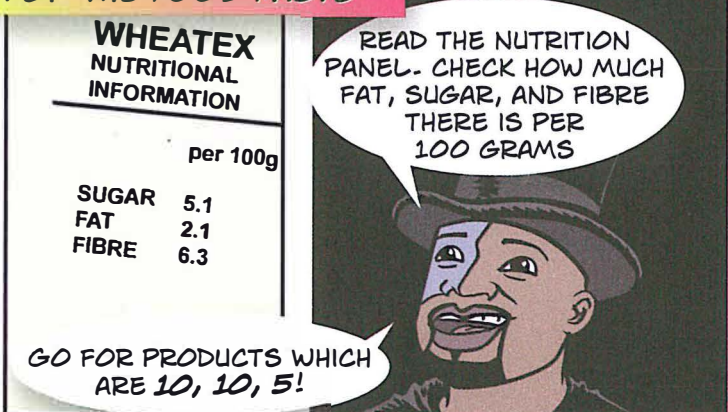
## A SERVE OF MEAT



## WHAT TO DRINK?



## CHECK THE PACK PANEL FOR THE FOOD FACTS



## SO WHAT ARE THE PRIZES?

