

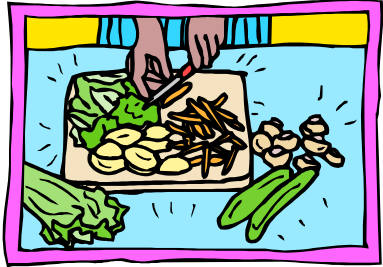


Best Beverages	Smart Snacks	Going Vegetarian
		

Cut out each matchbook on solid lines. Mountain Fold on dotted lines.

	<p>What does moderation mean?</p> <p>When is the best time to eat?</p>	
--	--	--



Cut out shutterfold on solid lines. Valley fold on dotted lines. Cut out and glue title graphic to both cover flaps.