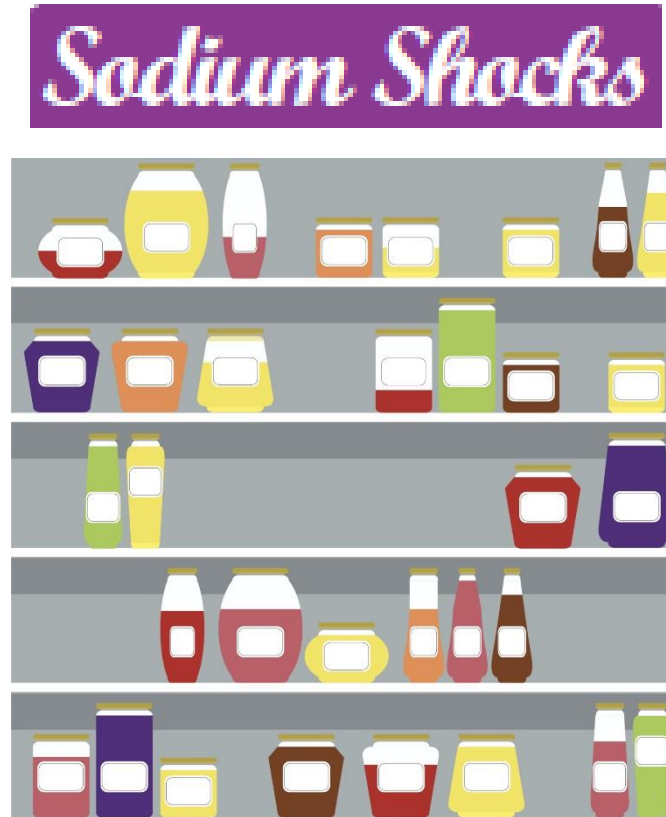


# life is why **Family Health Challenge™**



**Pick 10 items  
from your pantry  
that you eat that  
has the highest  
amount of  
sodium.**



**Post a pic and show  
us what surprised  
you the most.**



**Use hashtag  
#LifeisWhy  
on     
when posting**