

H-E-BUDDY
GET A
JUMP
ON HAVING
FUN!



GET FIT • EAT WELL • ACTIVITIES

January - March 2015

GET YOUR COOL STUFF

HERE'S HOW YOU PLAY!

1. When you check out, ask the cashier for an H•E•Buddy® Buck to play the H•E•Buddy® Spin & Win Game.
2. Collect your points from the game and redeem them for great prizes. (Remember to use the sticker sheet inside this scorecard!)
3. When you have enough points for the prize that you want, fill out the form on the next page and mail it in with your points. If the prize is marked "in-store", bring your points to Customer Service desk and it's yours! If you don't like any of the prizes you see, no worries. We'll have new choices in the next scorecard. **SWEET!**

SORRY BIG KIDS

(like moms and dads) aren't permitted to play the game unless they are assisting a child who is present. The H•E•Buddy® Program and Scorecard coupon offers are intended solely for children who are residents of Texas and between the ages of 3 - 10.



H•E•BUDDY®

PRIZES

**INSTANT
WIN
PRIZE!**

**COLLECT
200
POINTS**

**COLLECT
350
POINTS**

**COLLECT
500
POINTS**

**A. H•E•BUDDY®
Eraser Bracelet**

**B. H•E•BUDDY®
Coin Purse**

**C. H•E•BUDDY®
3-D Cup**

**D. H•E•BUDDY®
Sandwich
Container**

**ALL ITEMS AVAILABLE WHILE SUPPLIES LAST!
ALL ARE IN-STORE PRIZES. Offer expires March 31st, 2015**

Or, use this form below to mail-in for these AWESOME PRIZES:

H•E•BUDDY® 2015 Prizes

10530 Sentinel • San Antonio, TX 78217
BE SURE TO PRINT CLEARLY

My Name/Parent's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Today's Date: _____ Phone Number: _____

Age: _____ Prize Desired: _____ Allow 4 - 6 weeks for delivery

Information submitted will not be used for anything other than the fulfillment of the H•E•Buddy® prizes.

Call the H•E•Buddy® hotline for any inquiries 1-800-399-0629

IF A PRIZE IS NOT AVAILABLE ANOTHER PRIZE WILL BE SENT

PLACE BUDDY POINTS HERE!

HEY KIDS! Collect your H•E•Buddy® Points in the squares below. When you have enough points for the prize you want, turn in your points and it's all yours! If you don't like any of the prizes you see, no worries. We'll have new choices in the next scorecard. Sweet!

EAT RIGHT & PLAY LITTLE BUDDIES!

Good food choices is a great way to a healthy body and getting 60 minutes of exercise will make you stronger.

HEALTHY Foods Happy YOU!

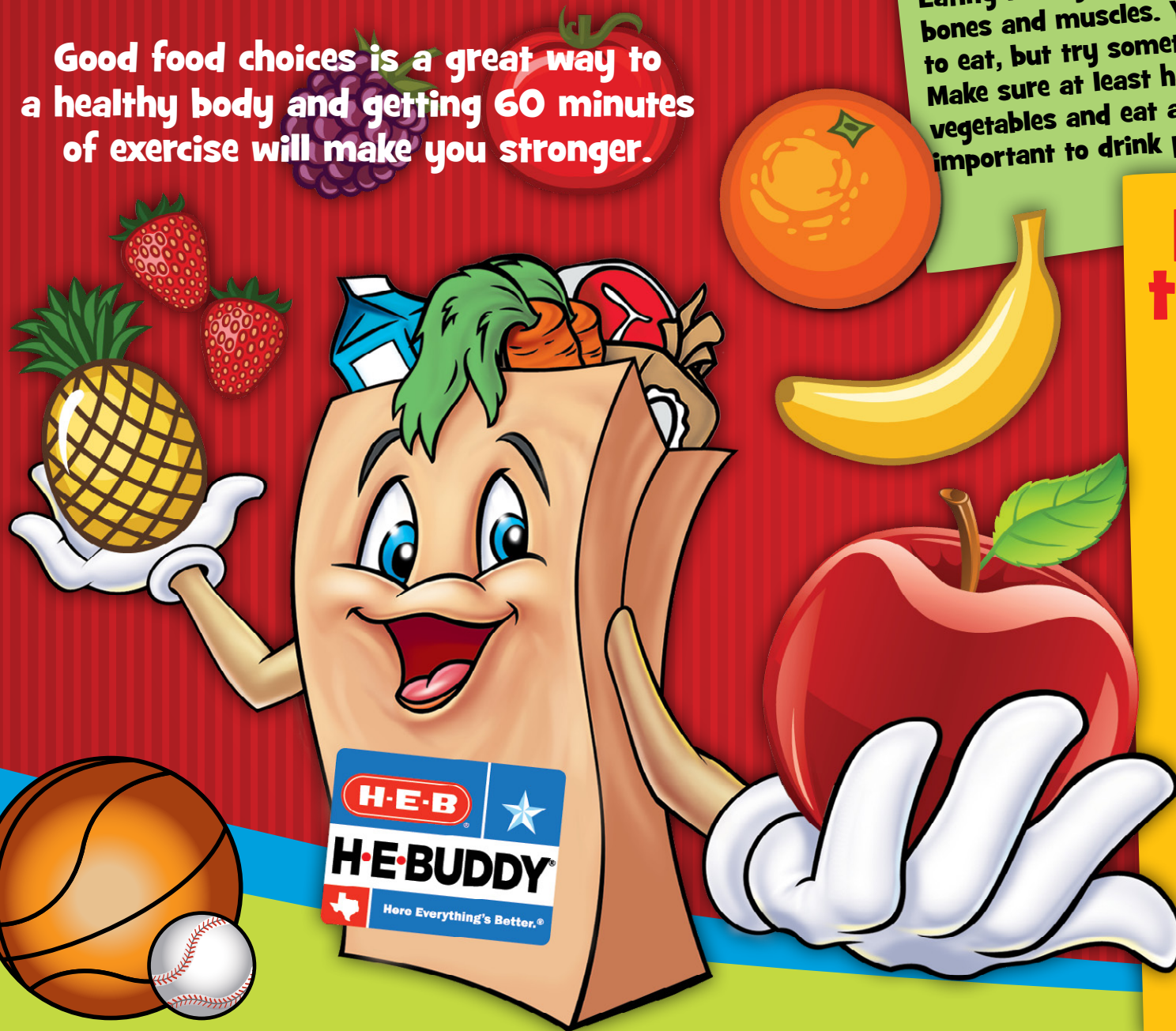
Eating the right foods will help you grow strong bones and muscles. You may have a favorite food to eat, but try something new, you may like it! Make sure at least half your plate is fruits and vegetables and eat a rainbow of colors! It's also important to drink plenty of water each day.

It's COOL to exercise!

It feels good to do all the activities you enjoy - like running, jumping and playing with your friends. It makes it fun to participate in an activity with your buddies and be part of a team. You can score the winning basket, hit a home run or make the final goal! Exercising will help you feel good about yourself. It's another reason why exercising is cool!

**60 MINUTES
A DAY**

Go to heb.com/bruce_bowen_videos



MAZE GAME

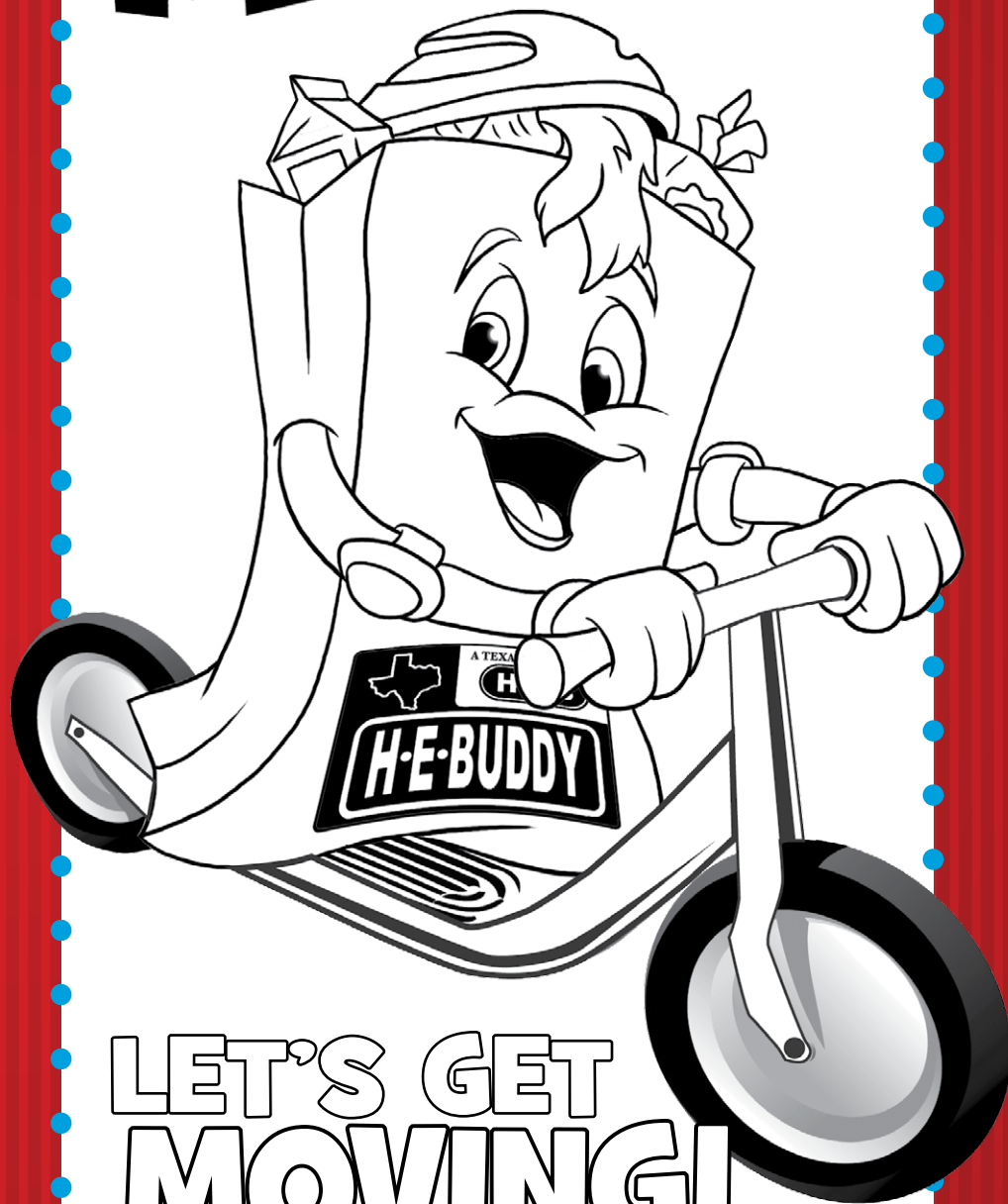
Buddy has a Yummy Fruit.
Can you find the Apple?

START
HERE



COLORING PAGE

H-E-BUDDY®



LET'S GET MOVING!

FUN & EASY RECIPE

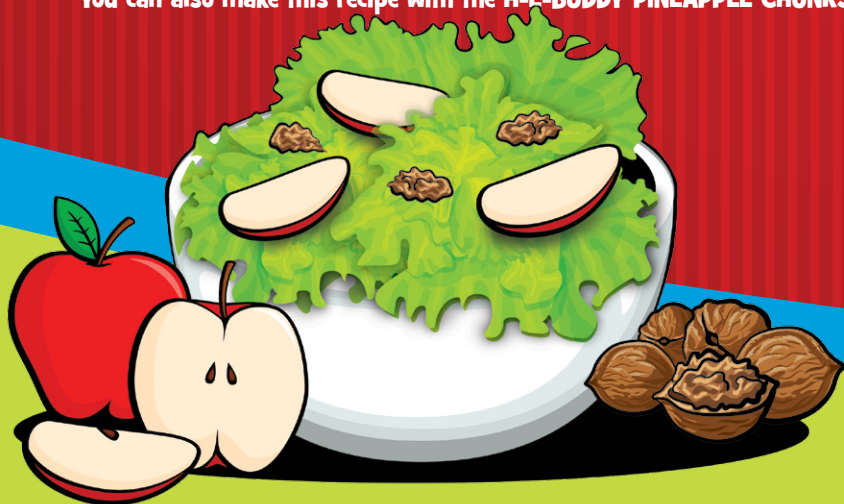
WALNUT APPLE SALAD

- **Prep Time: 15 minutes**
- **Chill Time 15 minutes**
- 2 containers H-E-BUDDY APPLE SLICES, chopped*
- 1 container (6 oz.) H-E-B FAT FREE APPLE YOGURT
- 1 cup H-E-B READY FRESH GO CHOPPED CELERY
- 6 H-E-B READY FRESH GO ROMAINE LETTUCE LEAVES, sliced
- 1/2 cup H-E-B SHREDDED MONTEREY JACK CHEESE, regular or 2% reduced fat
- 1/2 cup HILL COUNTRY FARE WALNUT PIECES

Layer the apple slices, apple yogurt, chopped celery, shredded cheese, walnuts and sliced lettuce in a large salad bowl. Cover salad with plastic wrap and chill for 15 minutes or until ready to serve. Before serving, toss salad to coat ingredients

Makes: 6 servings

- You can also make this recipe with the H-E-BUDDY PINEAPPLE CHUNKS



BIRTHDAY CLUB

MAKE A CHILD'S BIRTHDAY SPECIAL

with H-E-Buddy®! Become a member to receive a Birthday Card from H-E-Buddy®.

MAIL THIS FORM TO:

H-E-Buddy® Birthday Club
P.O. BOX 941207
Houston, TX 77094-8207

Child's Name _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____ Phone _____

Enrollment takes 6 - 8 weeks to process.

FREE H•E•BUDDY® FIELD TRIP

Teach kids to "Be a Healthy Buddy" at H-E-B,
using a hands-on curriculum. Students
from kindergarten to 6th grade will learn about:

Nutrition, Fitness, Portion Size and Meal Planning

**ASK YOUR TEACHER TO CALL TODAY TO
SCHEDULE YOUR FREE H•E•BUDDY® FIELD TRIP.**

1-800-987-6409

WWW.FIELDTRIPFACTORY.COM/HEB

