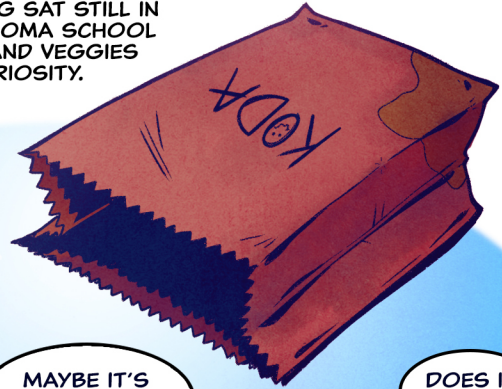


FOOD FIGHT

STORY BY: BOB LAUSTEN
ART BY: MIKE ANDERSON

A MYSTERIOUS BROWN BAG SAT STILL IN THE CORNER OF AN OKLAHOMA SCHOOL CAFETERIA. THE FRUITS AND VEGGIES WERE RIPE WITH CURIOSITY.



I BET A KID LEFT IT HERE.

MAYBE IT'S FROM A LUNCH LADY.

DOES IT SMELL?

SUDDENLY, THE BAG SHOOK... AND A SMALL, INNOCENT SNACK SPILLED OUT.

AW, HE'S SO CUTE.

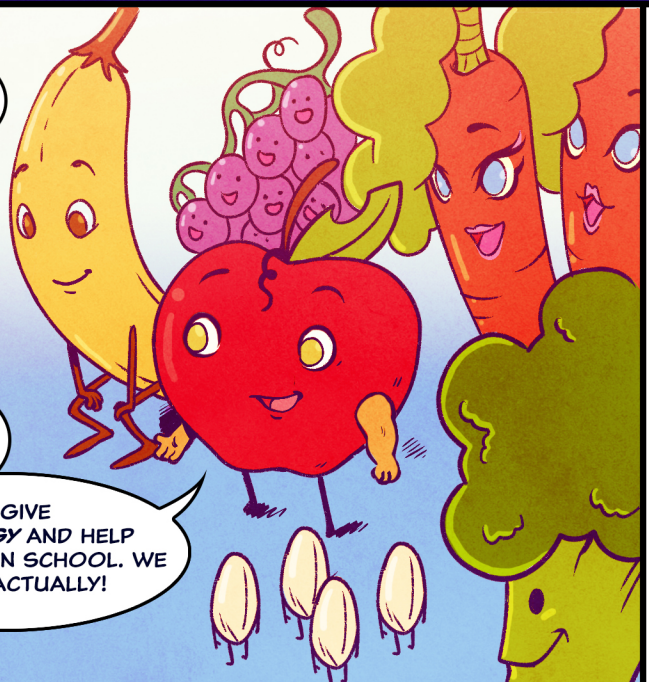
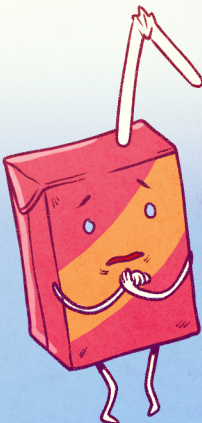
WHAT'S YOUR NAME LIL GUY?

F-F-FRUIT PUNCH.

FRUIT PUNCH! WELL YOU SOUND HEALTHY JUST LIKE US!

I'M APPLE, AND THIS IS BROCCOLI.

WE GIVE KIDS ENERGY AND HELP THEM FOCUS IN SCHOOL. WE ALL DO ACTUALLY!



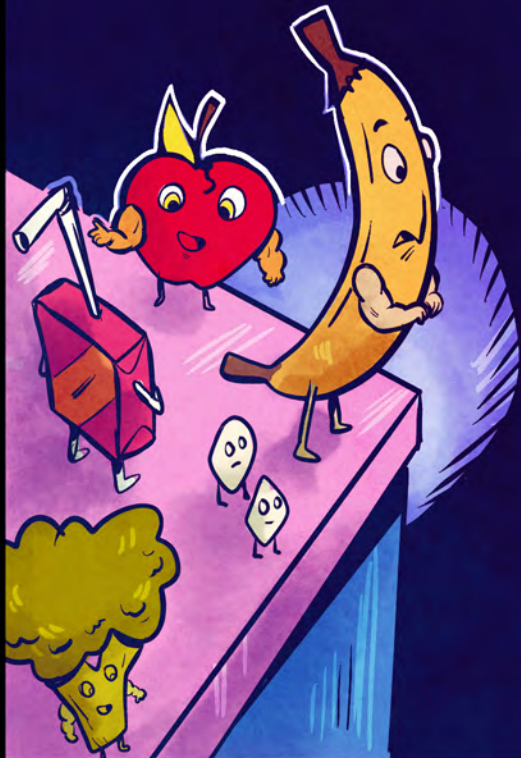
AFTER LEARNING HOW HEALTHY AND HELPFUL FRUITS AND VEGGIES ARE, FRUIT PUNCH WONDERED IF THEY COULD HELP HIM FIND HIS WAY BACK TO THE BACKPACK THAT HIS BROWN BAG CAME FROM.



ANY CLUE WHERE IT'S AT?"

OVER BY THE TRASHCAN.

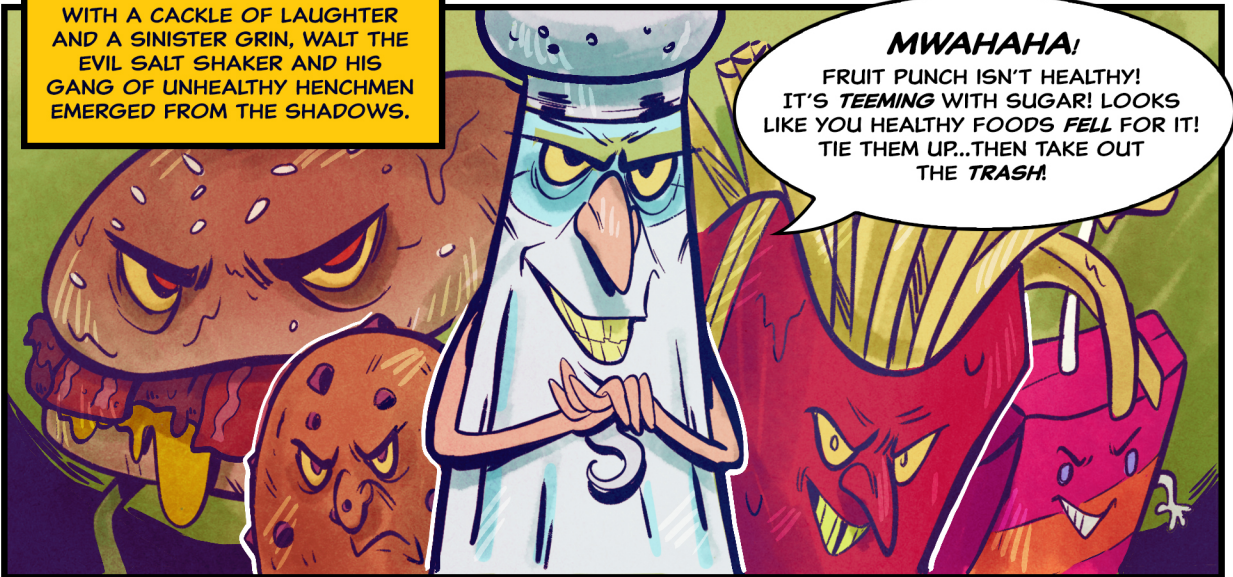
THE FRUITS AND VEGGIES MADE THEIR WAY TO THE COUNTER'S EDGE NEAR THE TRASHCAN AND PEERED BELOW INTO THE DARK, SMELLY ABYSS.



THEN, WITHOUT WARNING, FRUIT PUNCH SHOVED THEM OFF THE COUNTER! IT WAS A TRAP!

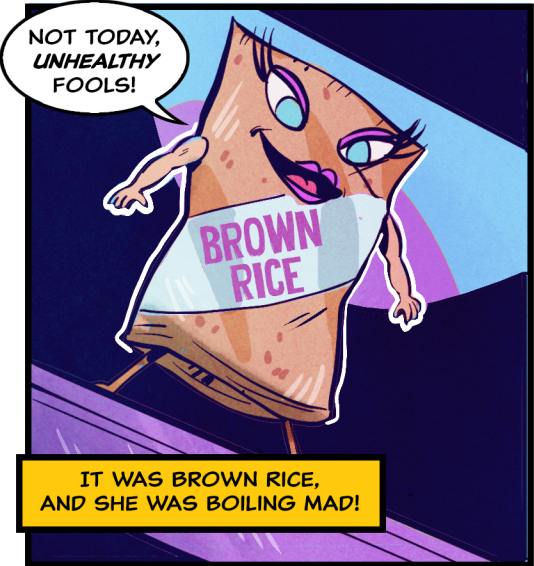
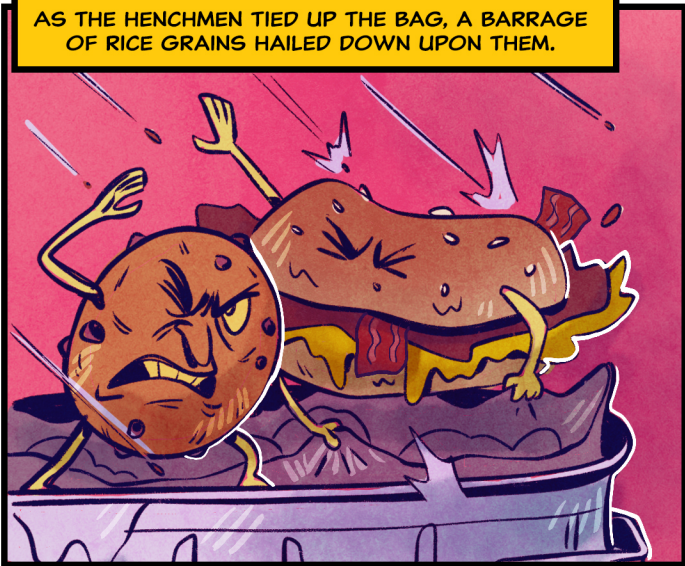


WITH A CACKLE OF LAUGHTER AND A SINISTER GRIN, WALT THE EVIL SALT SHAKER AND HIS GANG OF UNHEALTHY HENCHMEN EMERGED FROM THE SHADOWS.



MWAHAHA!
FRUIT PUNCH ISN'T HEALTHY!
IT'S *TEEMING* WITH SUGAR! LOOKS LIKE YOU HEALTHY FOODS *FELL* FOR IT!
TIE THEM UP...THEN TAKE OUT THE *TRASH!*

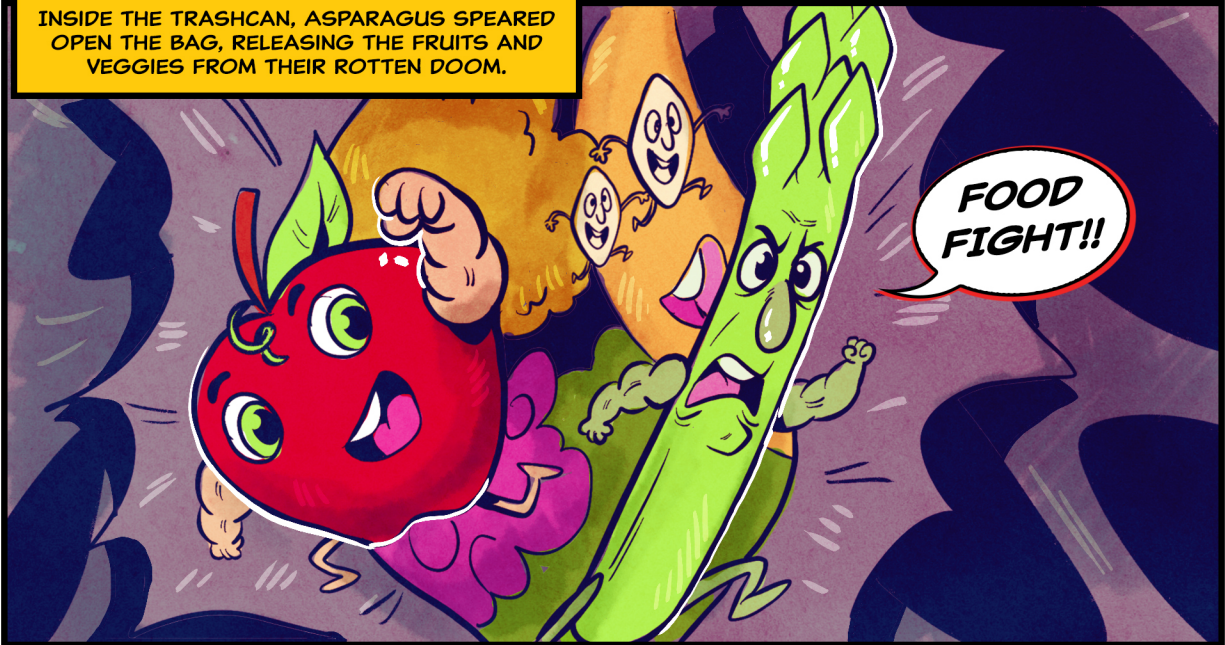
AS THE HENCHMEN TIED UP THE BAG, A BARRAGE OF RICE GRAINS HAILED DOWN UPON THEM.



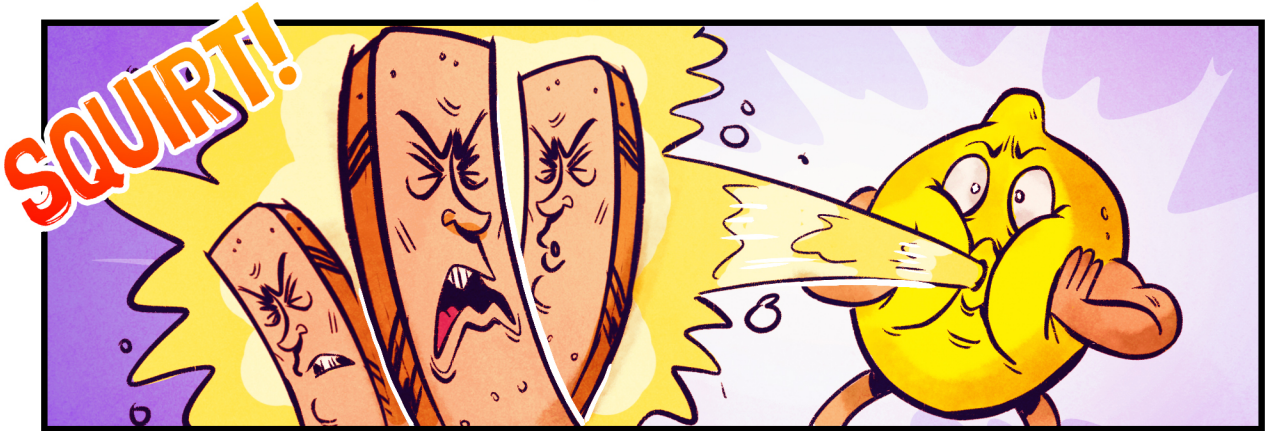
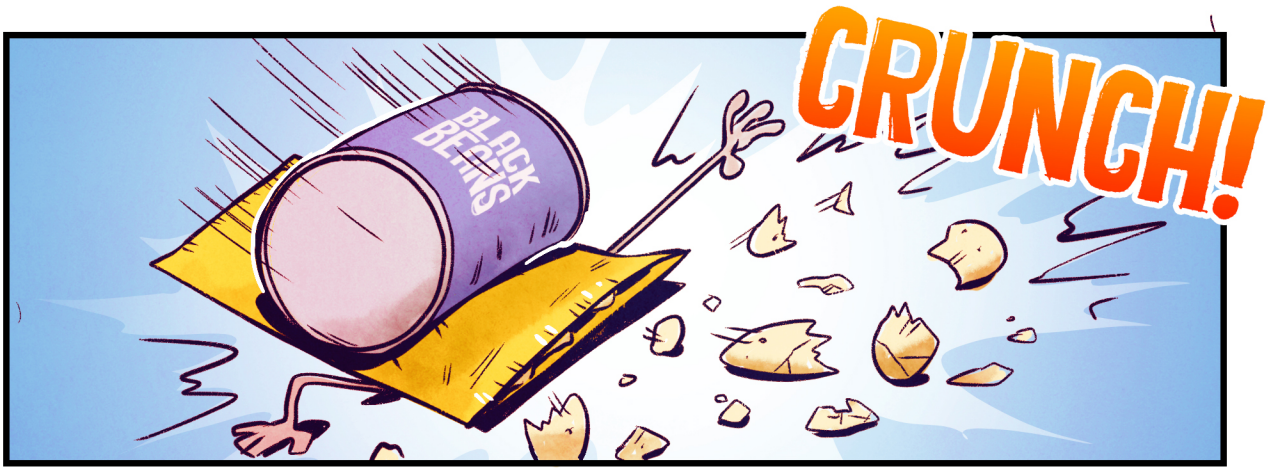
NOT TODAY,
UNHEALTHY
FOOLS!

IT WAS BROWN RICE,
AND SHE WAS BOILING MAD!

INSIDE THE TRASHCAN, ASPARAGUS SPEARED OPEN THE BAG, RELEASING THE FRUITS AND VEGGIES FROM THEIR ROTTEN DOOM.



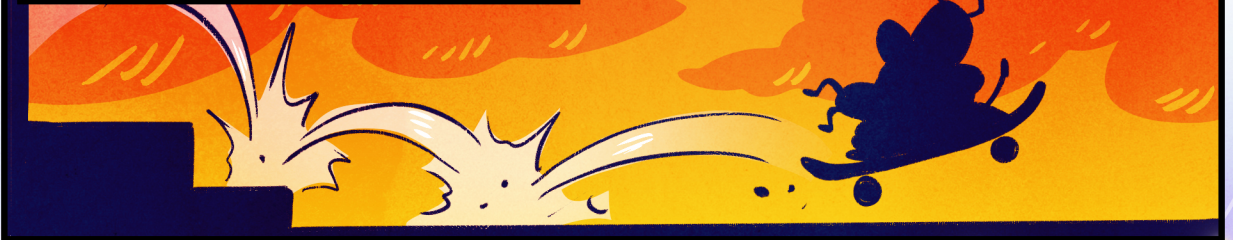
FOOD FIGHT!!



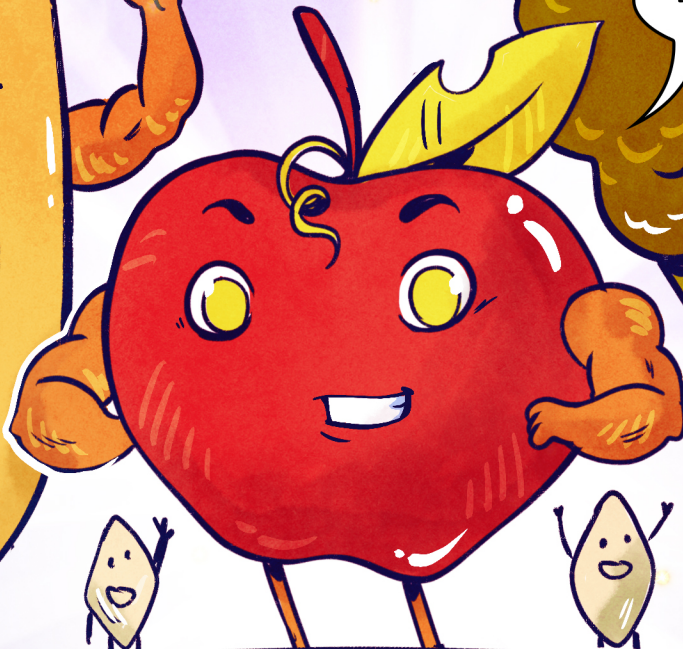
WITHOUT PROTEIN, VITAMINS AND OTHER POWERFUL NUTRIENTS, THE UNHEALTHY FOODS STOOD NO CHANCE AGAINST THE HEALTHY ONES.



CRUSHED, CRUMBLD AND SPOILED, THE SALTY AND SUGARY FOODS WERE BOUND UP AND ROLLED OUT TO THE DUMPSTER.



WHEN HEALTHY FOODS WORK TOGETHER, AMAZING THINGS HAPPEN. SO FILL HALF YOUR PLATE WITH FRUITS AND VEGGIES, CHOOSE WHOLE GRAINS AND LOW FAT DAIRY AND VARY YOUR PROTEIN INTAKE.



EATING BETTER. IT'S A **SUPER** IDEA!

