

# LIMIT SUGAR AND FAT.

High-fat foods can make it easier for lead to get into your body. They can make you overweight, too.





1179 Westwood Drive, Suite 300  
Van Wert, Ohio 45891

*Van Wert County*  
*General Health District*

419-238-0808 Fax 419-238-9571  
www.vanwertcountyhealth.org

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## Coloring Contest Release

Name \_\_\_\_\_

Age by August 1, 2022 \_\_\_\_\_

I \_\_\_\_\_ release the use of the  
Child's Drawing/color page to be used for the education purposes and to be used on  
Social media for the Van Wert County Health Department, in  
Van Wert Ohio.

Guardian's name and signature \_\_\_\_\_

Date \_\_\_\_\_

Please drop off or mail to address above by October 31<sup>st</sup>, 2022.

Winners to be announced on November 23<sup>rd</sup>, 2022