



Join the  
**#SmoothieSlurpChallenge!**

1. **Make it!** (smoothie recipe on back!)
2. **Film it!** Get something to make a video with (phone, tablet, computer)
3. **SLURP IT!** Show the world how you slurp up your delicious smoothie!
4. **Share it!** Post your video on social media with **#smoothieslurpchallenge** & tag **@Putlocalonyourtray** to see who can slurp the loudest!

Visit [putlocalonyourtray.uconn.edu](http://putlocalonyourtray.uconn.edu) for more cool ideas!



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This project was funded in part by the Connecticut Milk Promotion Board



