



What does it mean to GO SPOONLESS?

Going Spoonless with *früsh* means to:

- Not have to go to the vending machine!
- Not be victim to using two hands to eat your yogurt!
- Living a healthy lifestyle – no matter how busy you are!
- Replace unhealthy choices (chips, sodas) with a nutritious superdrink that is 100% natural, gluten-free, has more calcium than a glass of milk and is a tasty source of protein!
- Have your yogurt in the car, on the go, at your desk, in meetings – Whenever and wherever!

