

Make Every Bite Count... More Fruits and Vegetables

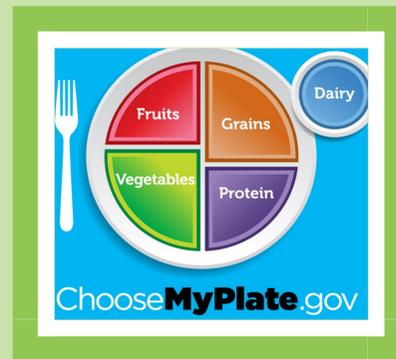


Your kids learn by watching you. Eat healthy foods.

• be active • eat healthy • drink water
This institution is an equal opportunity provider.

Aim for: 5 servings of vegetables and fruits combined daily

FOCUS ON FRUITS



VARY YOUR VEGGIES

