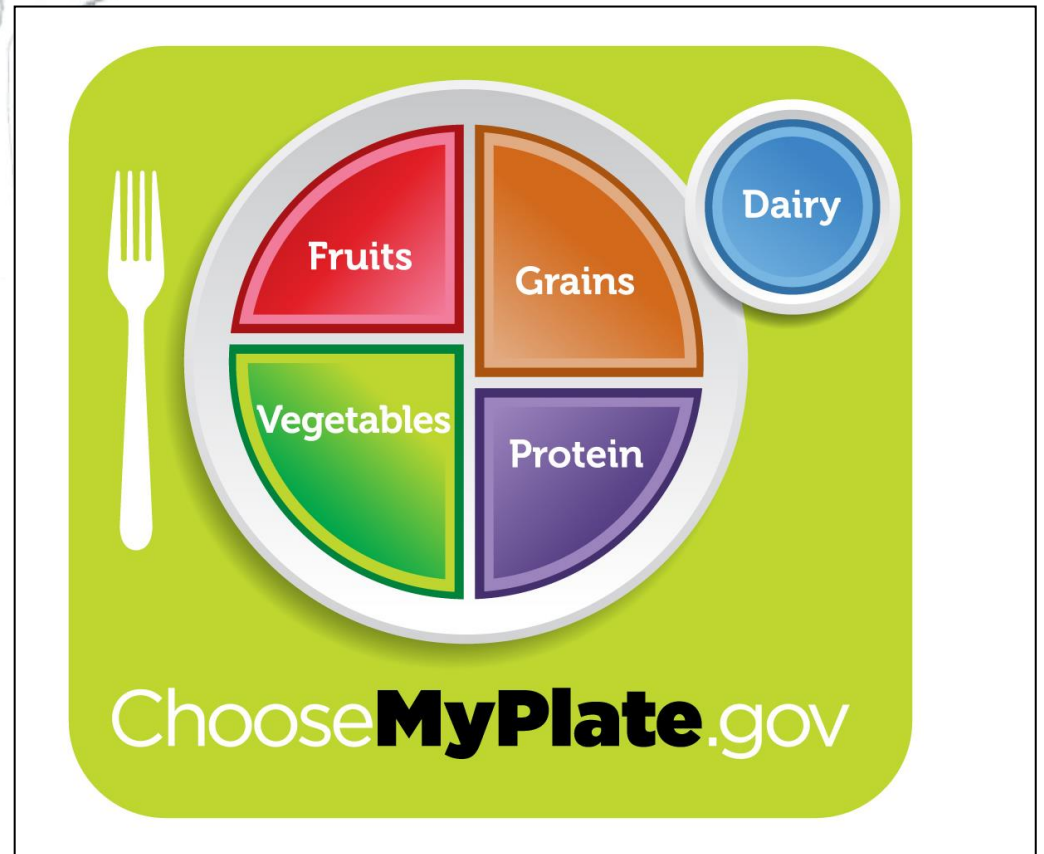
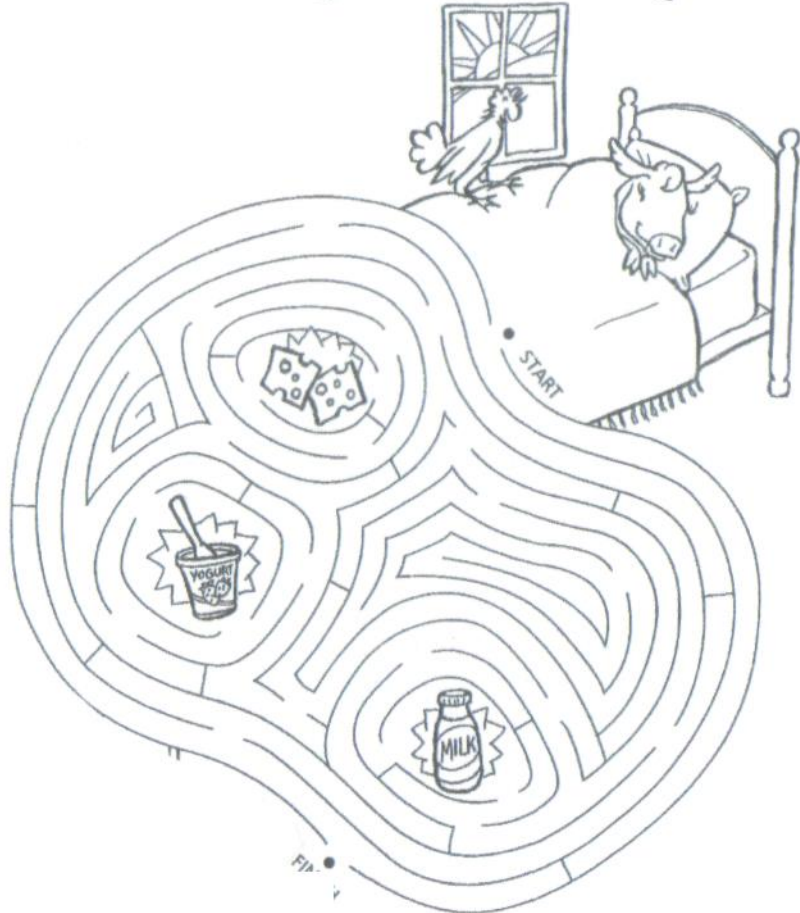


...IT'S THE HEALTHY WAY



PARENTS: Be a role model - You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group.

Lead by example: Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.