

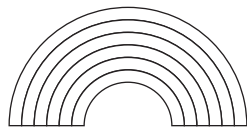
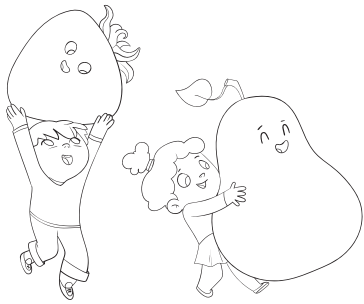
Eat the Rainbow!



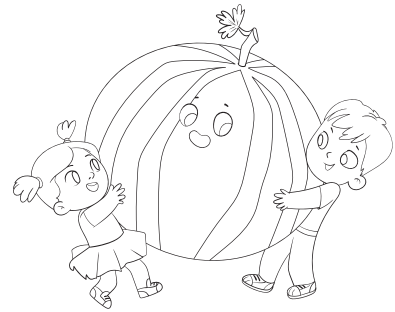
Let's go on
a colorful journey
and discover new
foods together!

Color
each circle
you ate today!





Hello, Parents!



Let's make eating the rainbow a fun adventure for kids! Join the fun by challenging them to explore different fruits and veggies that match the colors of the rainbow. Not only will it be exciting, but it will also help them stay strong and healthy.

What are the benefits of eating the colors of the rainbow? Take a look!



Red provides them lycopene, vitamin C, and antioxidants which keeps our skin and cells healthy and reduces the risk of health problems like heart disease and cancer.



Orange and yellow fruits and veggies have vitamin A, vitamin C and carotenoids which benefit our skin, heart and eyes.



Greens and leafy greens provide vitamin K, high levels of fiber, iron, magnesium, potassium and calcium which help to boost the immune system, promote strong bones and heart health.



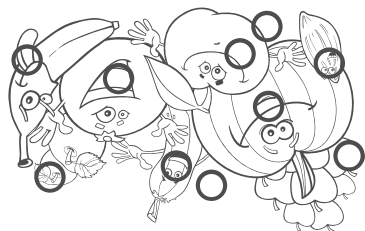
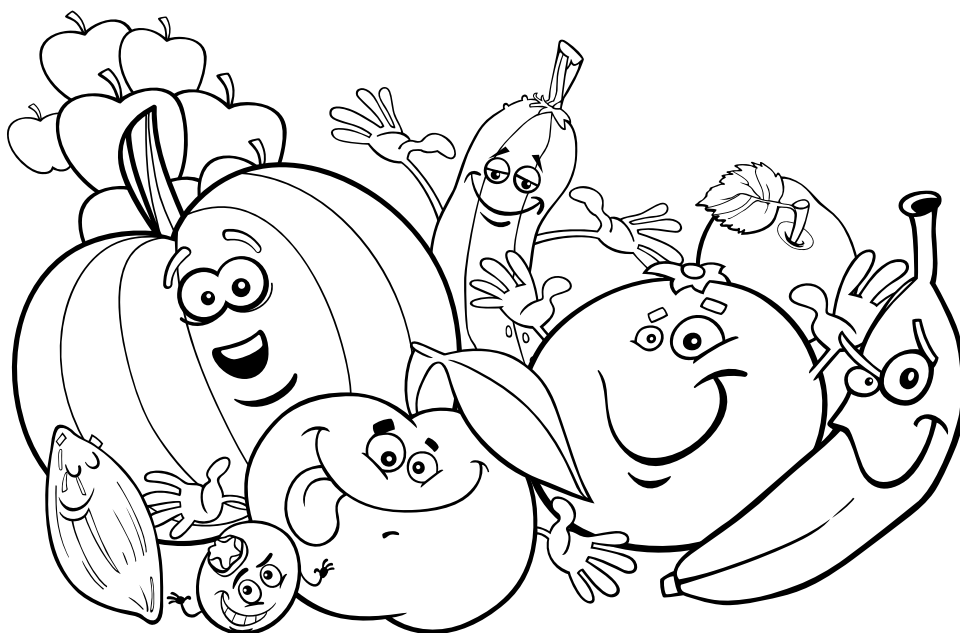
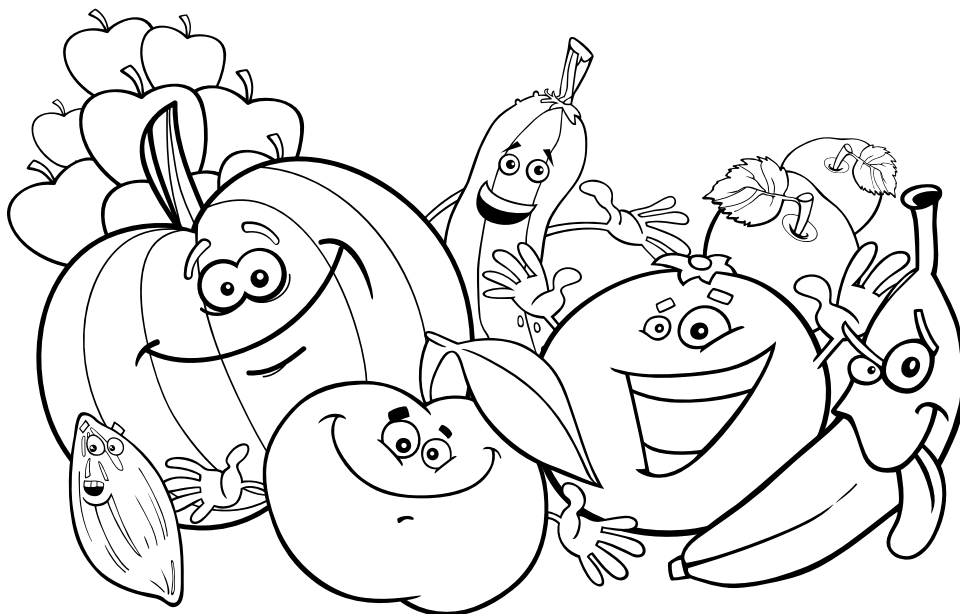
Blue and purple fruits and veggies help to keep the brain healthy and improve memory.

The USDA recommends 1-1.5 servings of fruits and 1-1.5 servings of veggies per day for kids ages 2-8. If your child doesn't like a food at first, try introducing it again later. Mix fruits and veggies in smoothies, bake them, or add them to sauces. It also helps to make bitter foods taste sweeter with a squeeze of lemon or lime.

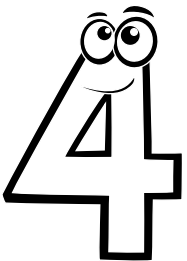
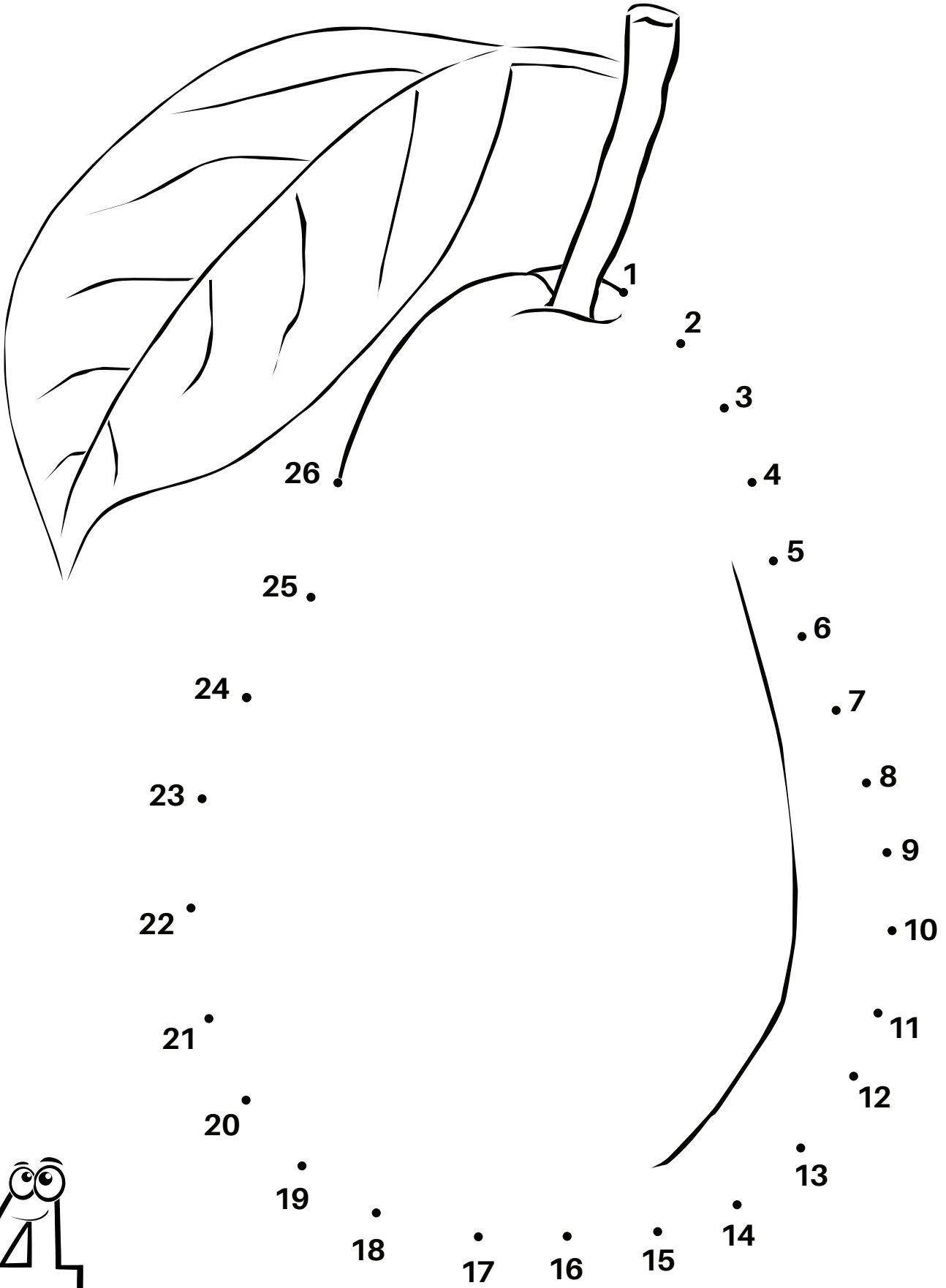
Let's go on a colorful journey and discover new foods together!



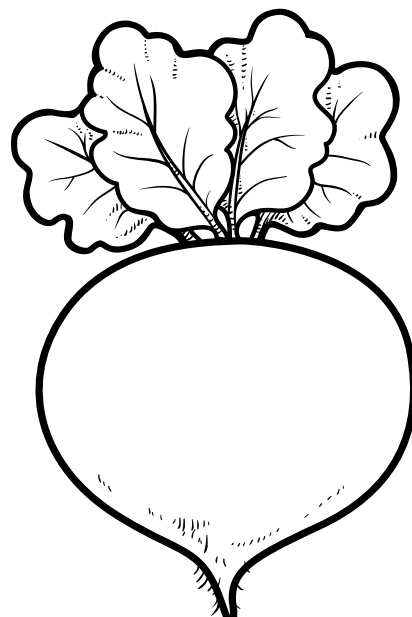
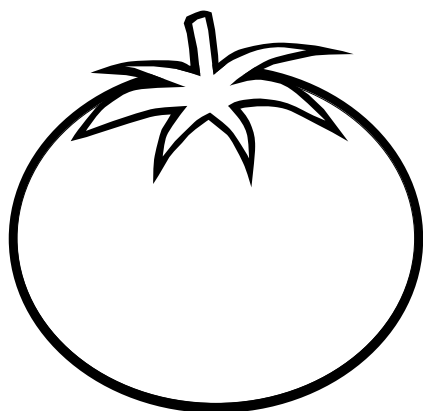
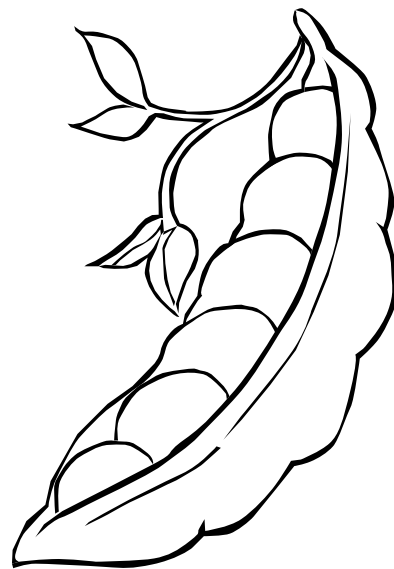
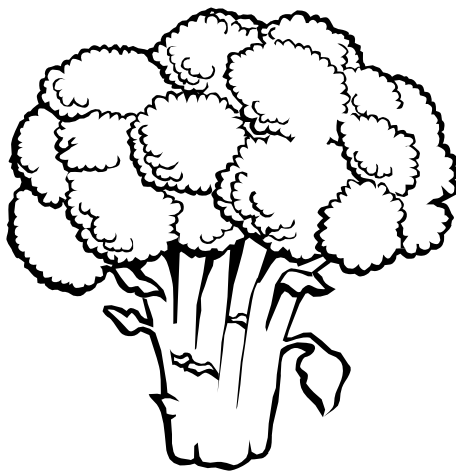
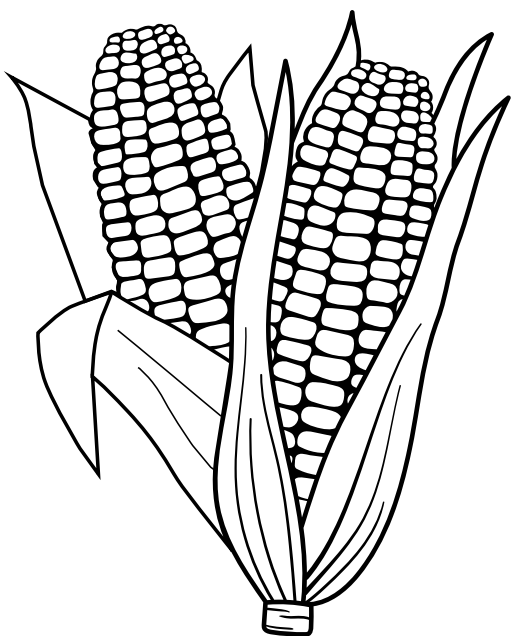
Find 10 differences!



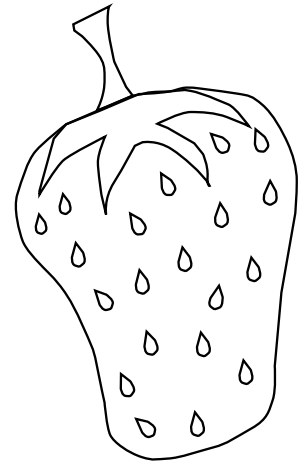
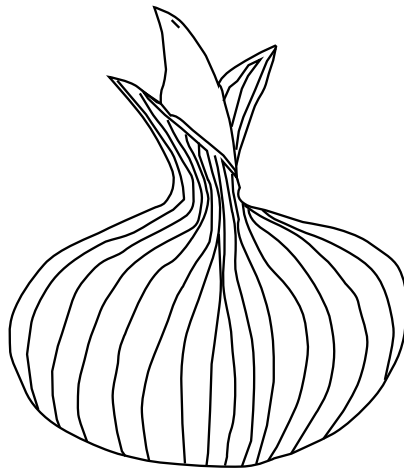
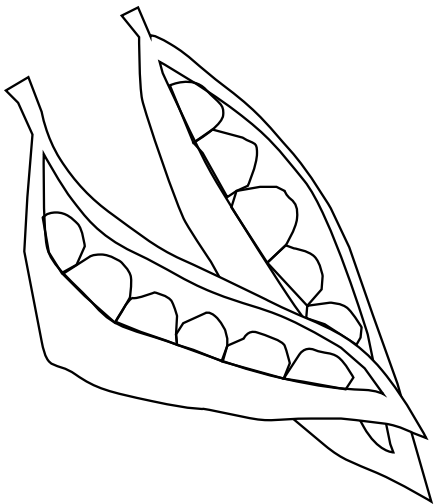
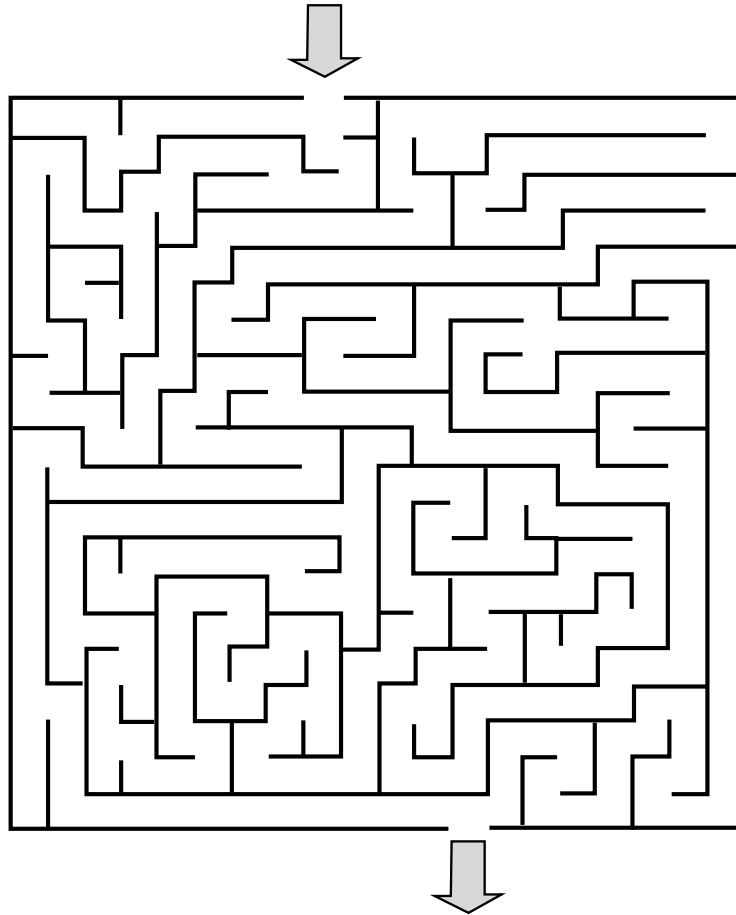
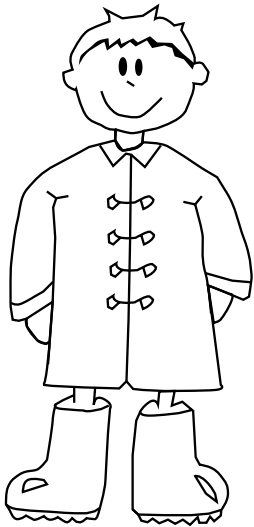
Connect the dots.



Name and color the vegetables.



Help the little boy through the maze so he can pick the fruit and vegetables in the garden.



Draw your own favorite fruit or veggie.



In the event of a poison emergency, call the nearest poison center immediately by dialing **1-800-222-1222** or contact **9-1-1** emergency services.



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