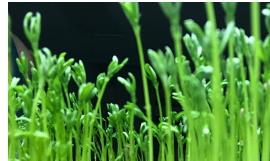


Eating Well
Can be
Calming

VEGGIES ARE EVEN
MORE TASTY WHEN
WELL SEASONED



TRY SOMETHING NEW
BECAUSE YOU MIGHT
LIKE IT



FOOD MEANS
SURVIVAL
#FOODMATTERS



WHERE DO
VEGETABLES GROW?
LEARN TO GROW

NUTRITION BINGO

B	I	N	G	O
WASHED HANDS (FOR 20 SECONDS) BEFORE BREAKFAST	BRUSHED TEETH	USED A NEW TOOTH BRUSH	USED TURMERIC SEASONING	WASHED HANDS (FOR 20 SECONDS) BEFORE DINNER
ATE A FRUIT	ATE A VEGETABLE AT BREAKFAST	FAMILY HAS ORDERED GROCERIES FOR PICK UP	WASHED VEGETABLES	ATE KALE
DRANK VEGETABLE JUICE	ATE LENTILS	FREE <i>shari jacobs, MS, RD</i>	ATE BEANS	ATE SUNFLOWER SEEDS
HELPED COOK A MEAL	WASHED HANDS (FOR 20 SECONDS) BEFORE LUNCH	ATE RAW SPINACH	ATE OLIVES	GROWING FOODS AT HOME
TRIED A NEW VEGETABLE	ATE AVOCADO	ATE CARROTS	ATE MUSHROOMS	DRANK WATER AT THREE MEALS