

Take the
FOODPLAY 5
Challenge!

Eat at least **5** FRUITS + VEGGIES a day!

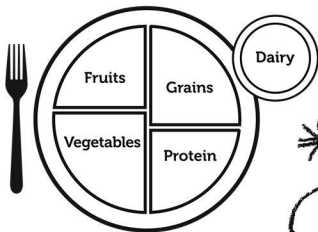
Read It Be**4** You Eat It!

Fuel up with **3** square meals starting with **BREAKFAST!**

Remember - I can do this, and **YOU CAN 2!**

Get up and **PLAY** for at least **1** hour a day!

Cut down on soda - Refresh with **H₂O!**



For more food fun, visit:
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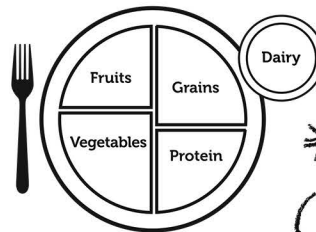
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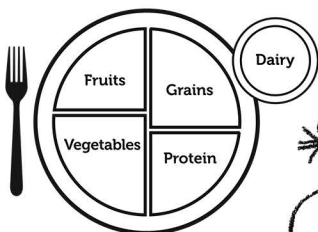
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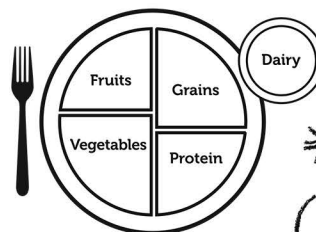
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FOODPLAY's Favorite Fun Snacks

Put me
on your
fridge!

Good for your health and the health of the planet!

- ★ Fruit – grab a piece of fruit and eat it on the way!
- ★ Fruit Parfait – layers of yogurt and cut-up fruit
- ★ Fruit Dippers - cut-up fruit dipped in yogurt or nut butter
- ★ Fruit Smoothie - blend fruit, fruit juice, and yogurt
- ★ Veg Out – baby carrots, celery sticks, broccoli trees, green pepper pinwheels with salad dressing, dip, or hummus
- ★ Leftovers like rice and beans, veggie stir-fry, or pasta salad
- ★ Almonds, peanuts, sunflower seeds, pumpkin seeds, soy nuts
- ★ Trail mix – nuts, seeds, raisins, and dry cereal or popcorn
- ★ English muffin or pita bread pizza with veggies
- ★ Popcorn, sprinkled with cinnamon or parmesan cheese
- ★ Whole grain cereal, milk or soy milk, and cut-up fruit
- ★ Crackers with apple butter, nut butter, hummus, or guacamole
- ★ Mini sandwiches, quesadillas, tacos, or roll-ups
- ★ 'Soda Naturale' – half 100% fruit juice, half seltzer



Kids, Parents, Teachers!
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