

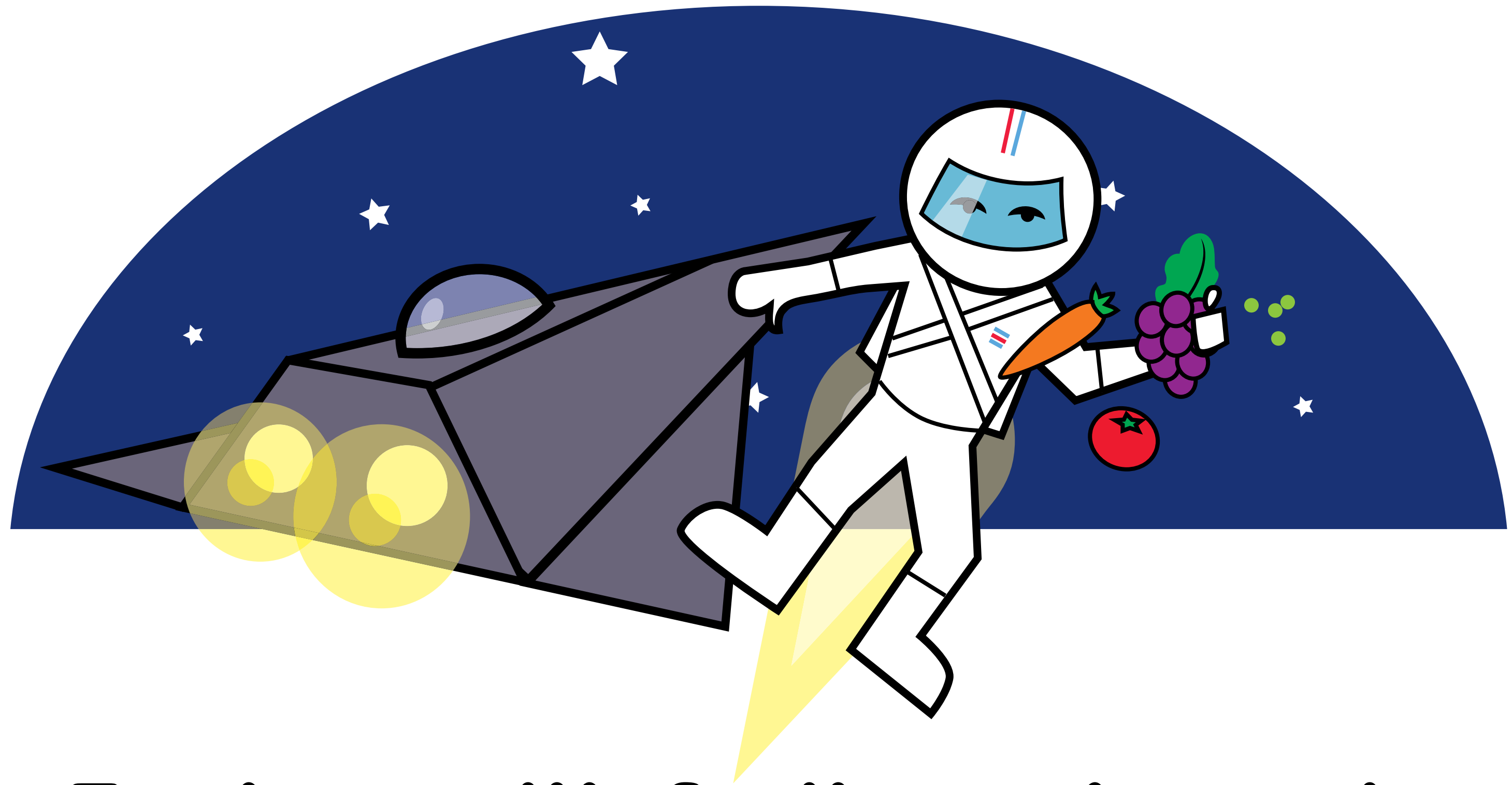
Remind mom which veggies are your faves. Then she will know to offer them at dinner.



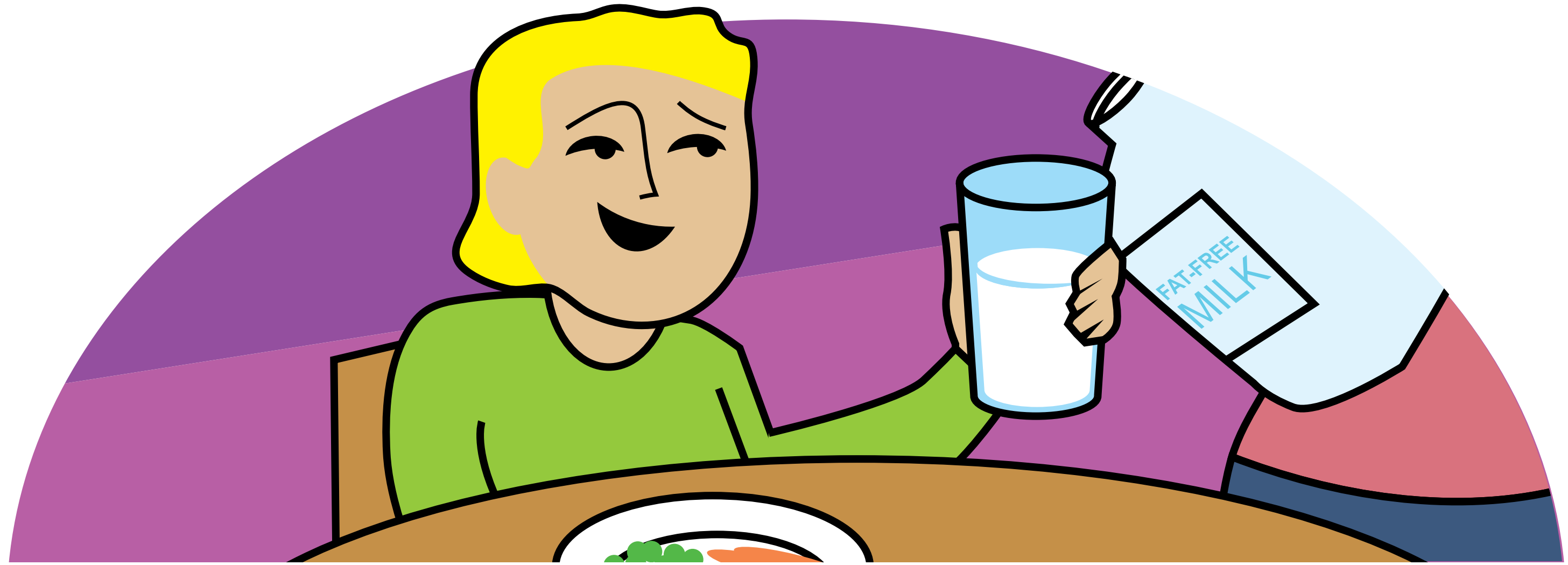
**Be a food detective.
Hunt for for fruits and veggies
with mom at the store.**



**Eat smart to play hard.
Eat fruits and veggies at
meals and snacks.**



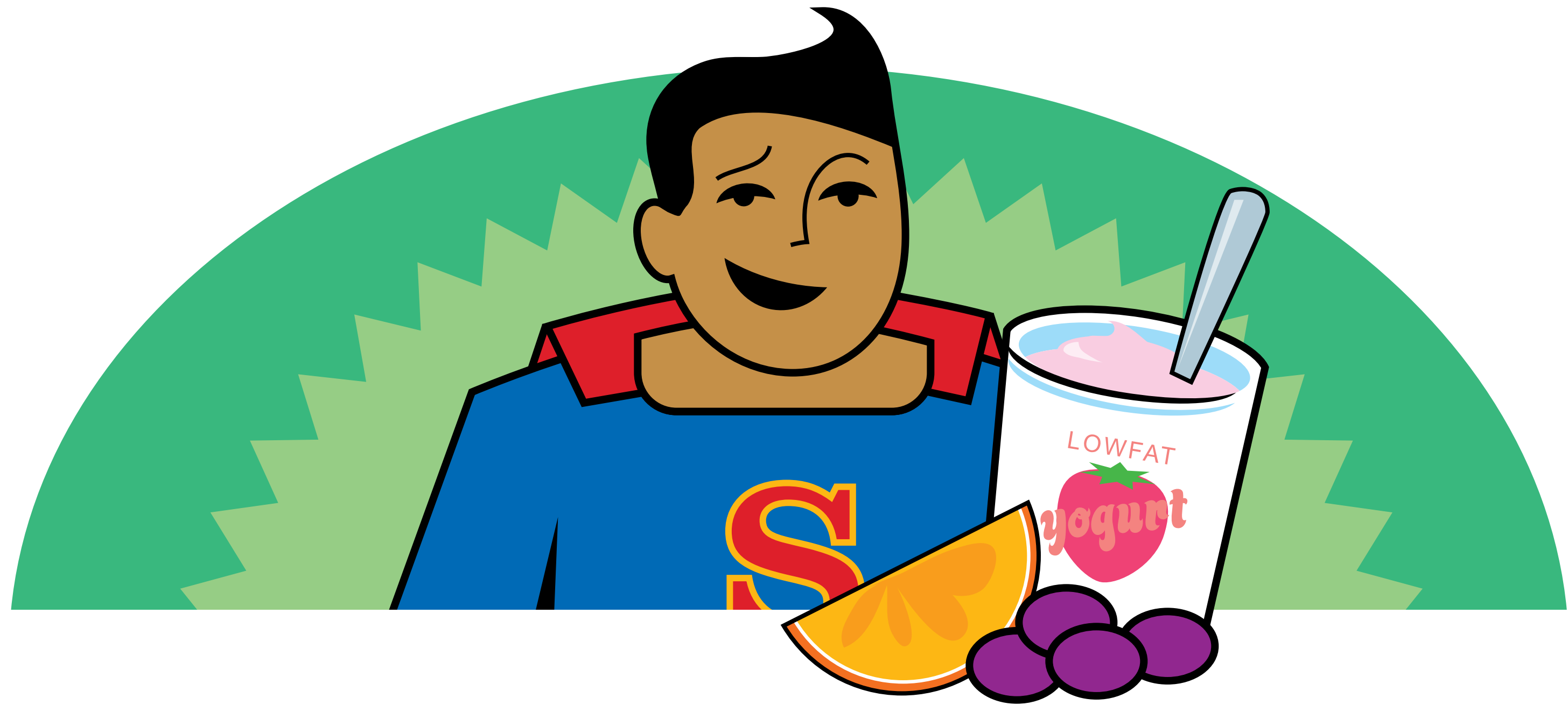
**Fuel-up with fruits and veggies.
And soar through your day
like a rocket ship.**



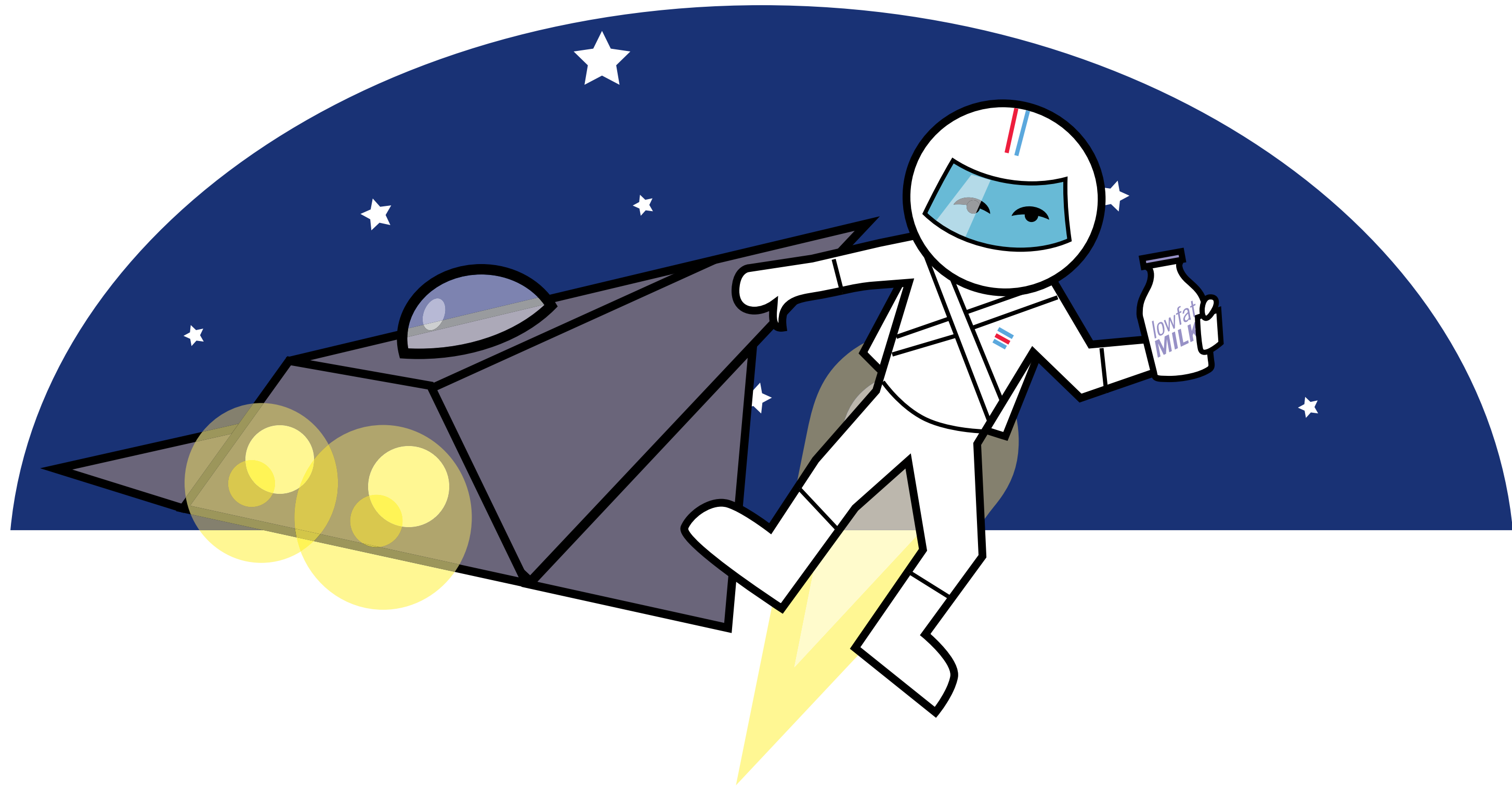
**Milk keeps you going strong —
ask mom to pour you
some at dinner.**



**Eat smart to play hard.
Drink milk at meals.**



**Snack like a superhero.
Power up with fruit and yogurt.**



**Fuel up with milk at meals.
And soar through
your day like a rocket ship.**