

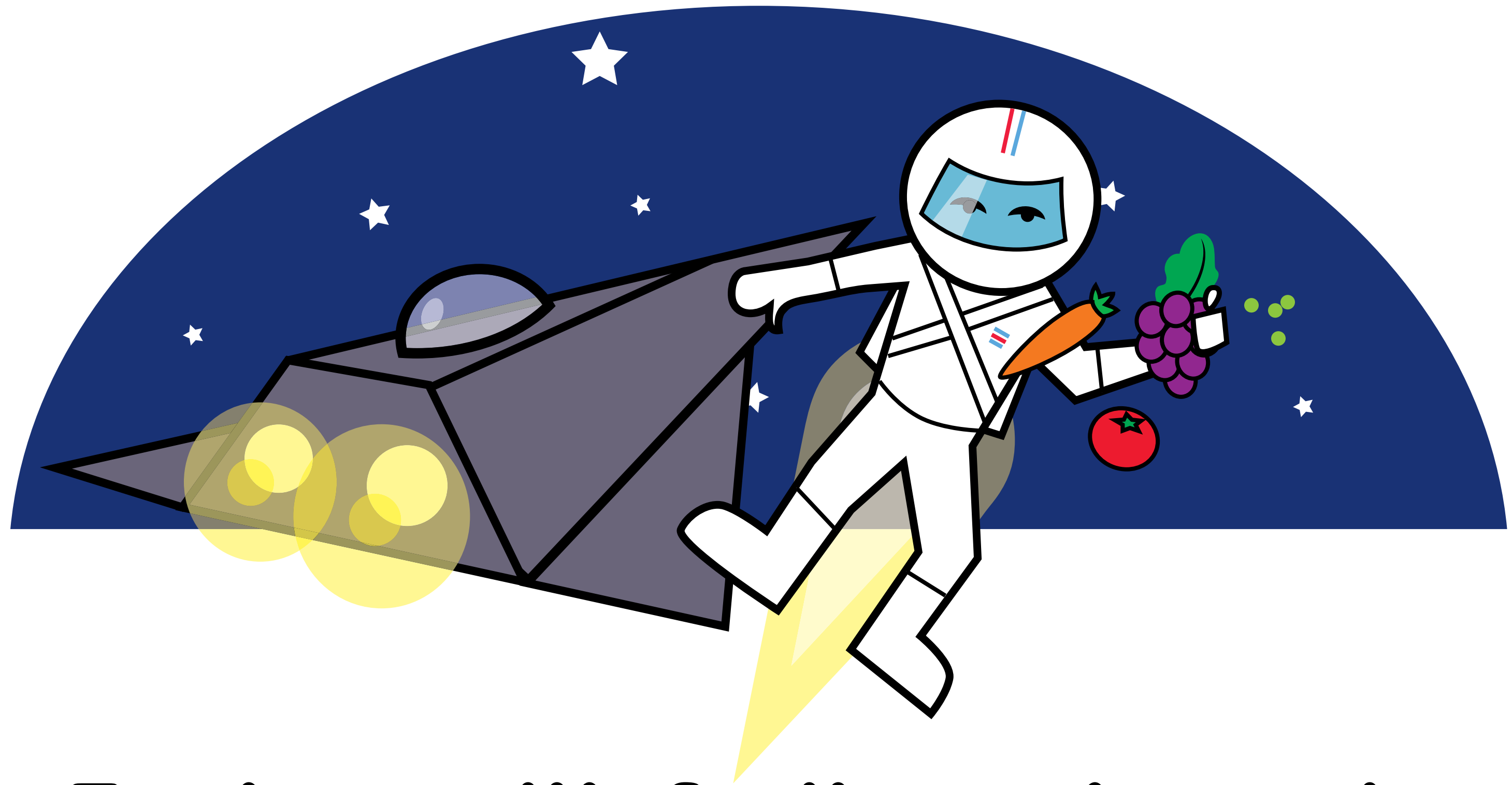
**Remind mom which veggies are your faves. Then she will know to offer them at dinner.**



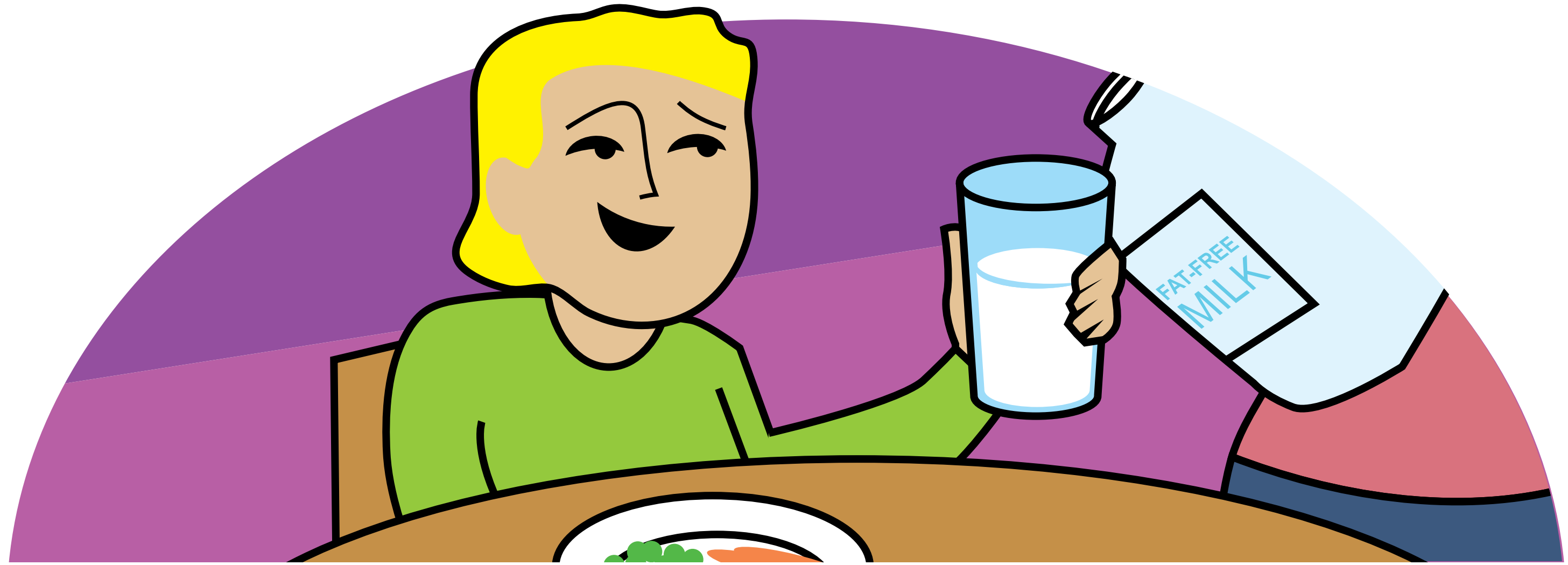
**Be a food detective.  
Hunt for for fruits and veggies  
with mom at the store.**



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



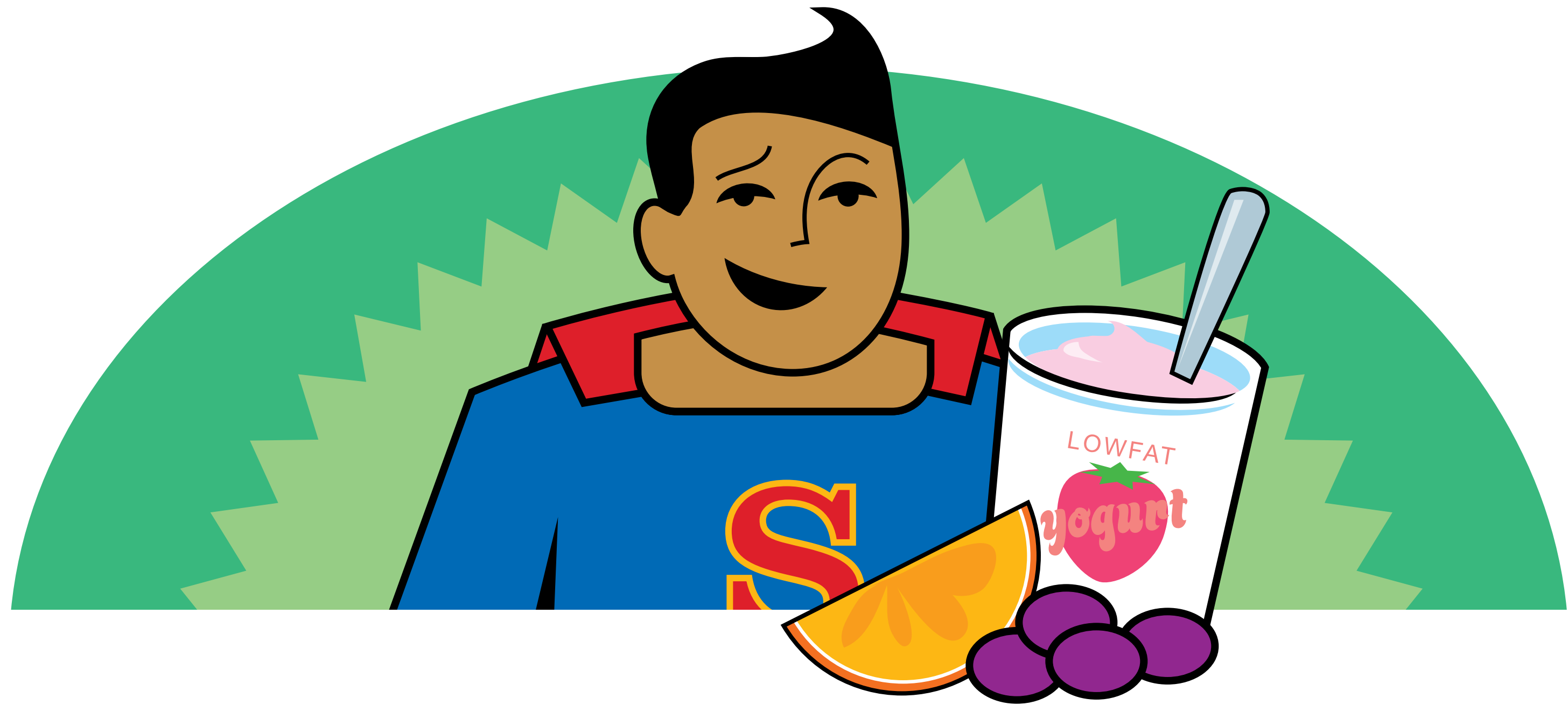
**Fuel-up with fruits and veggies.  
And soar through your day  
like a rocket ship.**



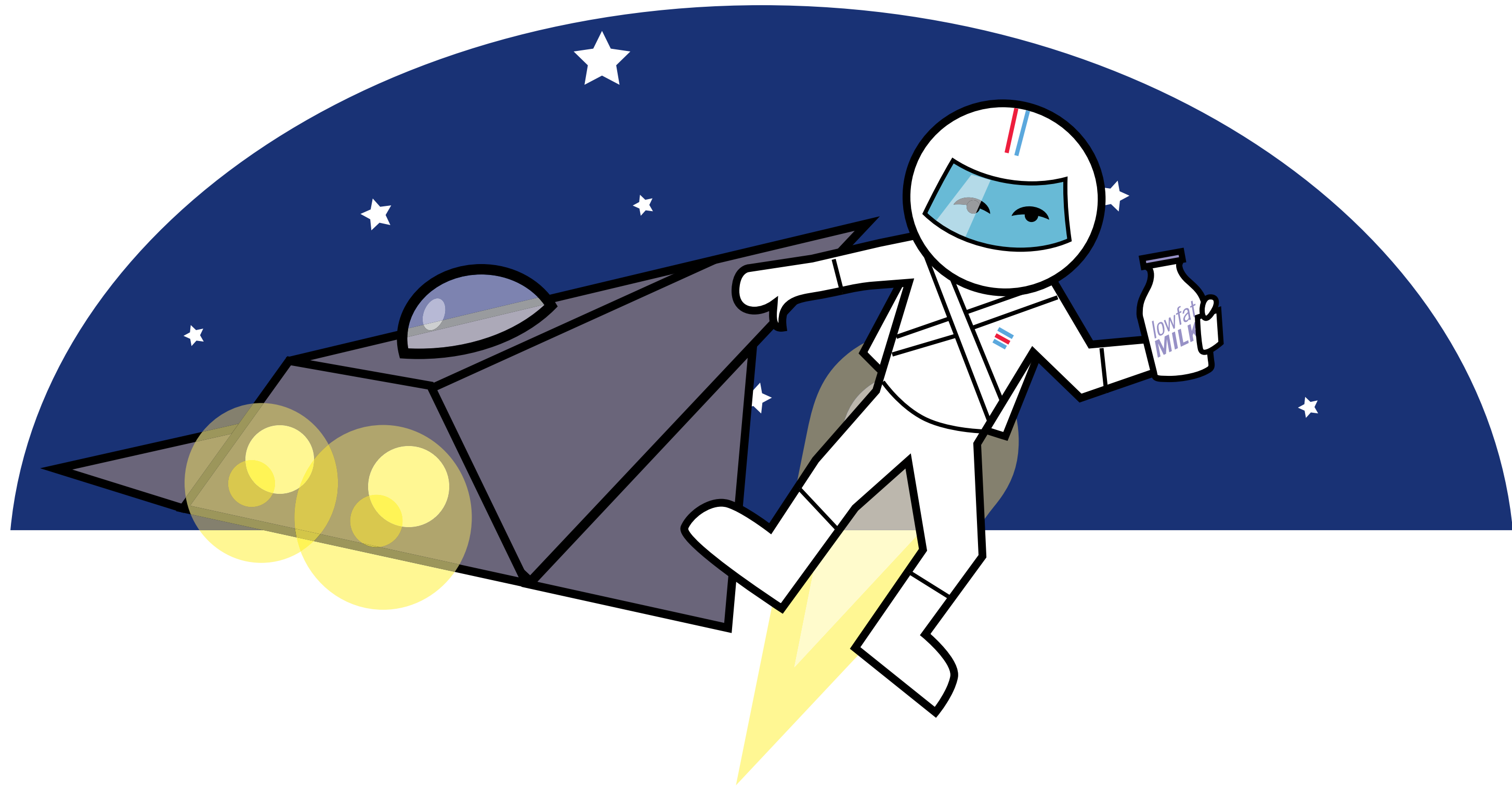
**Milk keeps you going strong —  
ask mom to pour you  
some at dinner.**



**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.**