



Wake up and fuel up to help your day take off!





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**IT'S  
LAUNCH  
TIME!**

**Fuel your day with  
colorful fruits and veggies.**





# Make Today



# Try-Day!

It's fun to find new favorite foods!



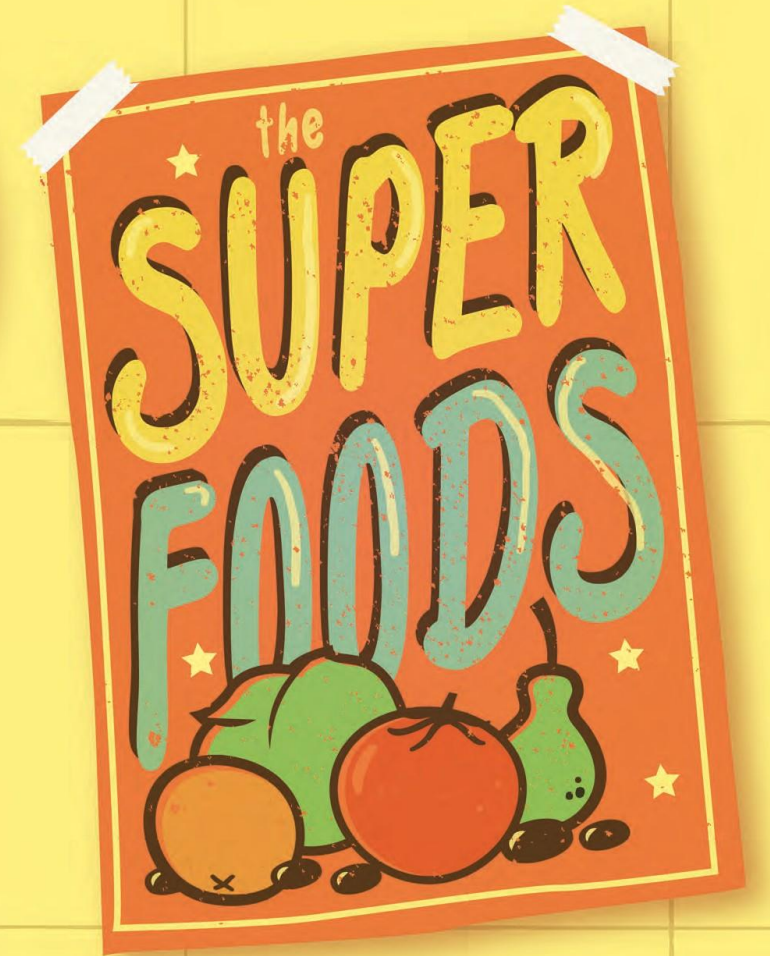




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# Be BRAVE and Try New Foods!

Finding new favorites is yummy and fun.



<http://teamnutrition.usda.gov>