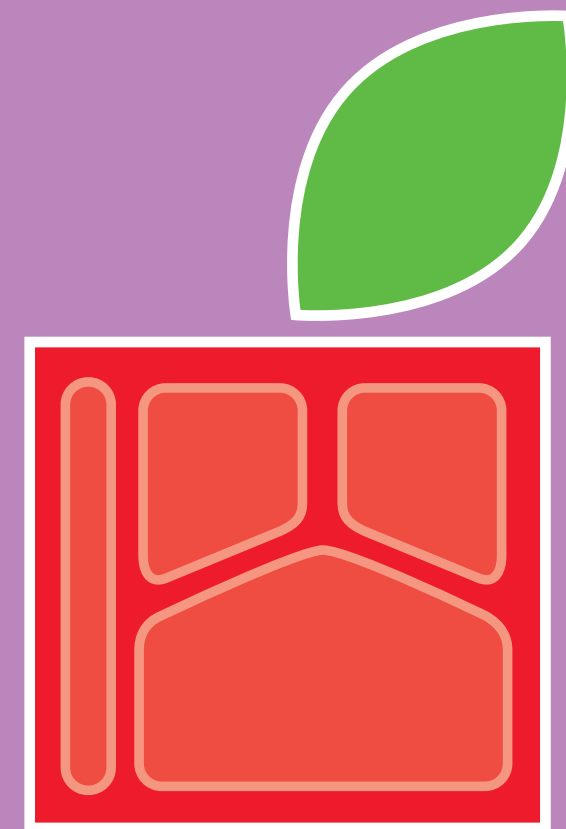


Fruits and Vegetables

Pack Your Trunk with Vitamins

Want to be strong as an elephant? Then fill your lunch tray with plenty of fruits and vegetables. At mealtime or for a healthful snack, fruits and veggies give you tons of valuable vitamins. There's a jungle gym out there, and with a daily helping of fruits and vegetables you can climb to the top.



square meals

Nourishing children's bodies and minds.

Commissioner Todd Staples
Texas Department of Agriculture

Visit www.squaremeals.org for healthy recipes and snacks as well as cool nutrition facts.
Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

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