

# Stay Cool. Eat Right.

Rev up your reputation as the coolest kid around by choosing healthy foods to get your brain and body in gear! Fresh fruits and vegetables are a great choice to jumpstart your engine. Keep your cool by eating right and staying active— at home and at school.



square meals

Nourishing children's bodies and minds.

Commissioner Todd Staples  
Texas Department of Agriculture

Visit [www.squaremeals.org](http://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](http://www.mypyramid.gov).

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