

Take Your Game to the Next Level

Get points for eating
your colors!

Choose fruits and veggies
at meals and snacks.

They'll help you be
your best at school
and at play.



Explore a world of possibilities in the garden and on your plate.



U.S. Department of Agriculture • Food and Nutrition Service
April 2013 • FNS-454-D • USDA is an equal opportunity provider and employer.

