Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them!

Hey Kids!

Ways you can help in the kitchen too:

- Peel vegetables like carrots or potatoes
- Peel fruits like oranges and bananas
- Wash fruits and vegetables
- Measure ingredients
- Tear up lettuce
- Mix fruit salads
- Pick the salad
- Set the table

What has lots of eyes but cannot see? A potato!

What are baby potatoes called? Tater Tots!

Fruits and vegetables are great any time of the day!

Nature's Fast Food

Fruits & Vegetables

3 Vegetables + 2 fruits = 5 a Day!

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Try making these fun & tasty treats!

Safe food handling begins with handwashing!

1. Wet hands with warm water
2. Put soap in your hands
3. Wash your hands by rubbing them together for 20 seconds
4. Rinse well using warm water
5. Dry hands well with a clean hand towel or paper towel

- broccoli
- mashed potatoes
- cheese slice
- toothpick
- melon, cucumber half, or banana
- raisins
- peanut butter
- banana half
- cheese cube or slice
- cucumber or carrots
- toothpick
- peanut butter
- celery
- carrot stick
- toothpick
- raisins
- peanut butter
- banana half