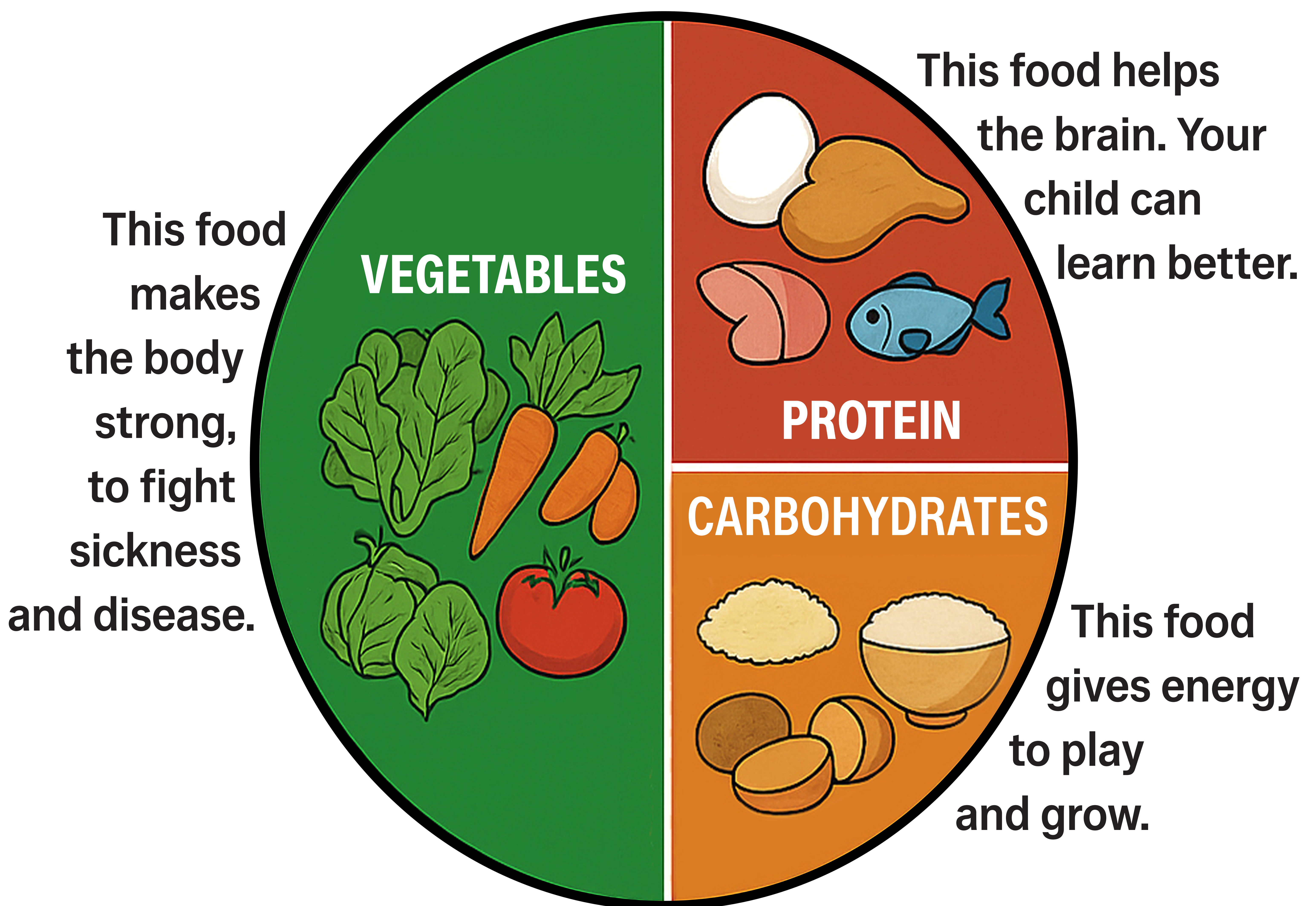


FEED YOUR CHILD FOR A STRONG MIND and A STRONG BODY

WHAT SHOULD BE ON THE PLATE?



KEY MESSAGE FOR EVERY DAY

✓ Vegetables ✓ Protein ✓ Carbohydrates

YOU CAN GROW YOUR OWN FOOD