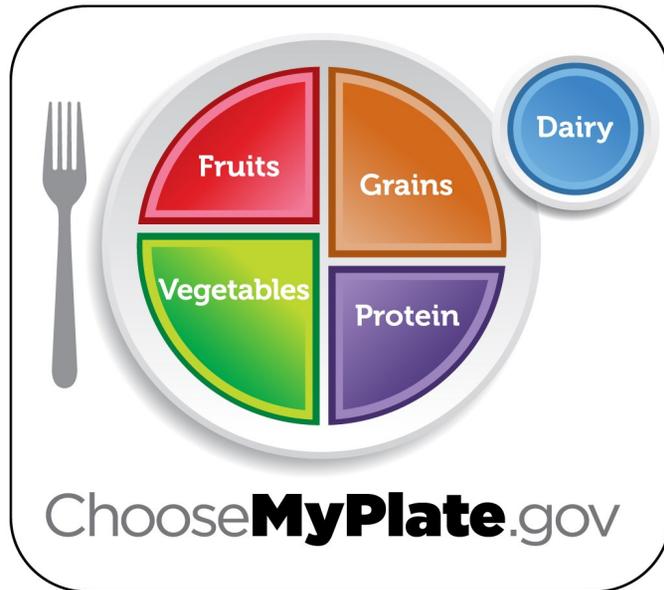


## MYPLATE MONTH!



### Focus on 5 Food Groups Foods

Choose foods from all of the food groups to make sure you get all the nutrients your body needs to grow strong and healthy!



## WHOLE GRAIN MONTH!

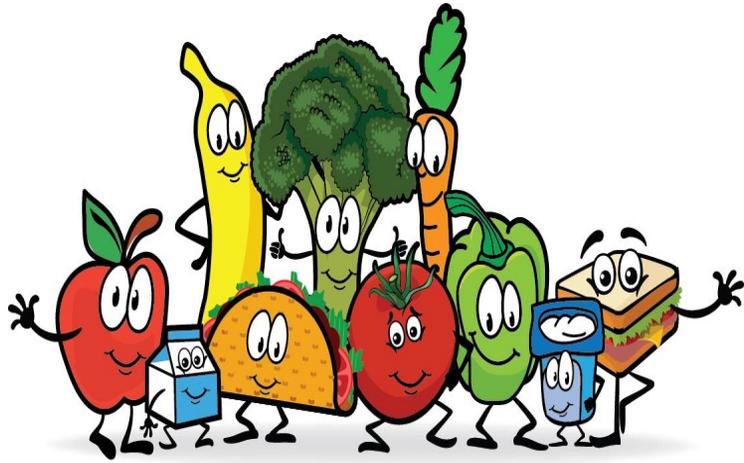


### Make Half Your Grains Whole

Eat more whole grains such as whole wheat bread, pasta, oatmeal, and brown rice.



## NATIONAL SCHOOL LUNCH WEEK



### National School Lunch

A healthy lunch is everyone's favorite part of the day. What's your favorite part of school lunch?



## PROTEIN MONTH!



### Go Lean with Protein

Choose from a variety of meat, poultry (chicken and turkey), fish, beans, nuts and seeds, tofu and eggs.



## MILK AND DAIRY MONTH!



### Get Your Calcium Rich Foods

Choose fat-free and low-fat milk, yogurt and cheese to help build strong bones and teeth.



## VEGETABLE MONTH!



### Eat a Variety of Vegetables

Choose from dark green, red and orange vegetables everyday. Vegetables give our bodies lots of fiber and vitamins A, C and E!



## HEART HEALTH MONTH!



### Focus on Heart Smart Eating

A balanced eating pattern with foods from all five food groups is key to keeping our hearts strong and healthy.



## SCHOOL BREAKFAST!



### Wake Up to School Breakfast

It is important to eat a balanced breakfast every day to get the different types of nutrients that keep our bodies healthy!



## FRUIT MONTH!



### Eat a Rainbow of Color of Fruit!

Fruits are important sources of vitamins and minerals like fiber, vitamin C and folate. Vitamin C helps keep your teeth and gums healthy!



## PHYSICAL ACTIVITY MONTH!



### 60 Minutes of Play a Day!

Daily physical activity helps keep your body healthy, and your heart strong. Plus it helps you build strong muscles and bones!

