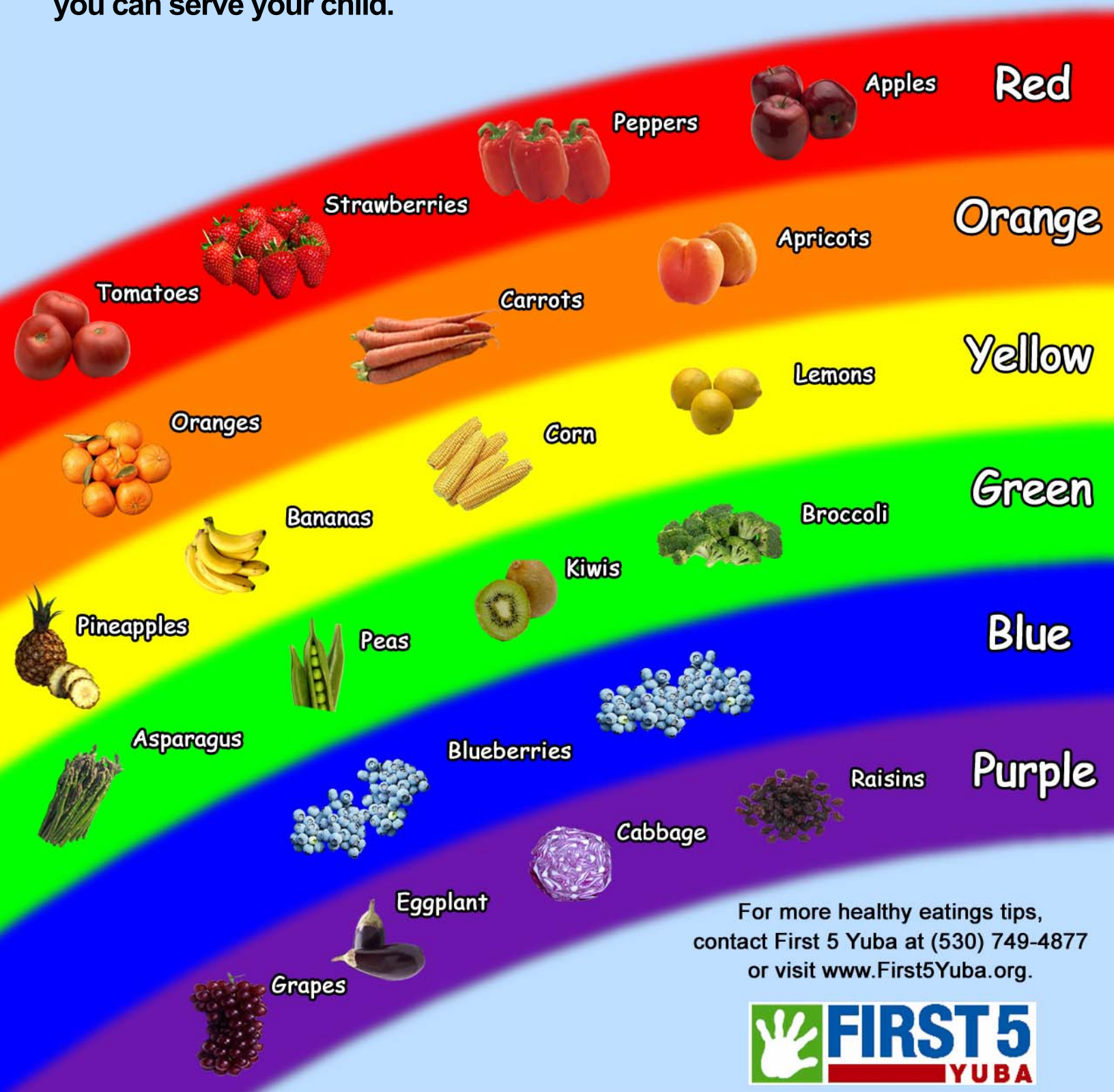


Eat the Colors of the Rainbow

Did you know that your child should eat 2 servings of fruits and 3 servings of vegetables every day?

To help make healthy eating fun, encourage your child to eat the colors of the rainbow. First 5 Yuba provides the guide below of colorful food you can serve your child.



For more healthy eatings tips, contact First 5 Yuba at (530) 749-4877 or visit www.First5Yuba.org.

