



Public Service Announcement

First 5 Yuba

'Eat the Colors of the Rainbow' in Honor of Fresh Fruits and Vegetables Month

Series: 1 of 3

Time: 30 seconds

DID YOU KNOW YOUR CHILD SHOULD EAT 2 SERVINGS OF FRUITS AND 3 SERVINGS OF VEGETABLES EVERY DAY?

MAKE HEALTHY EATING FUN BY ENCOURAGING YOUR CHILD TO 'EAT THE COLORS OF THE RAINBOW.'

- SERVE RED FOODS SUCH AS APPLES, CHERRIES AND TOMATOES
- AND INTRODUCE ORANGE FOODS LIKE CARROTS, ORANGES AND APRICOTS INTO YOUR CHILD'S DIET

FOR MORE HEALTHY EATING TIPS, CALL FIRST 5 YUBA AT (530) 749-4877 OR VISIT WWW.FIRST5YUBA.ORG.

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PSA 2 OF 3 CONTINUED ON NEXT PAGE



Public Service Announcement

First 5 Yuba

'Eat the Colors of the Rainbow' in Honor of Fresh Fruits and Vegetables Month

Series: 2 of 3

Time: 30 seconds

DID YOU KNOW YOUR CHILD SHOULD EAT 2 SERVINGS OF FRUITS AND 3 SERVINGS OF VEGETABLES EVERY DAY?

MAKE HEALTHY EATING FUN BY ENCOURAGING YOUR CHILD TO 'EAT THE COLORS OF THE RAINBOW.'

- SERVE YELLOW FOODS SUCH AS BANANAS, PINEAPPLE AND CORN
- AND INTRODUCE GREEN FOODS LIKE PEARS, PEAS AND BROCCOLI INTO YOUR CHILD'S DIET

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PSA 3 OF 3 CONTINUED ON NEXT PAGE



Public Service Announcement

First 5 Yuba

'Eat the Colors of the Rainbow' in Honor of Fresh Fruits and Vegetables Month

Series: 3 of 3

Time: 30 seconds

DID YOU KNOW YOUR CHILD SHOULD EAT 2 SERVINGS OF FRUITS AND 3 SERVINGS OF VEGETABLES EVERY DAY?

MAKE HEALTHY EATING FUN BY ENCOURAGING YOUR CHILD TO 'EAT THE COLORS OF THE RAINBOW.'

- SERVE BLUEBERRIES FOR A BLUE FOOD
- AND INTRODUCE PURPLE FOODS LIKE GRAPES, CABBAGE AND RAISINS INTO YOUR CHILD'S DIET

FOR MORE HEALTHY EATING TIPS, CALL FIRST 5 YUBA AT (530) 749-4877 OR VISIT WWW.FIRST5YUBA.ORG.

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