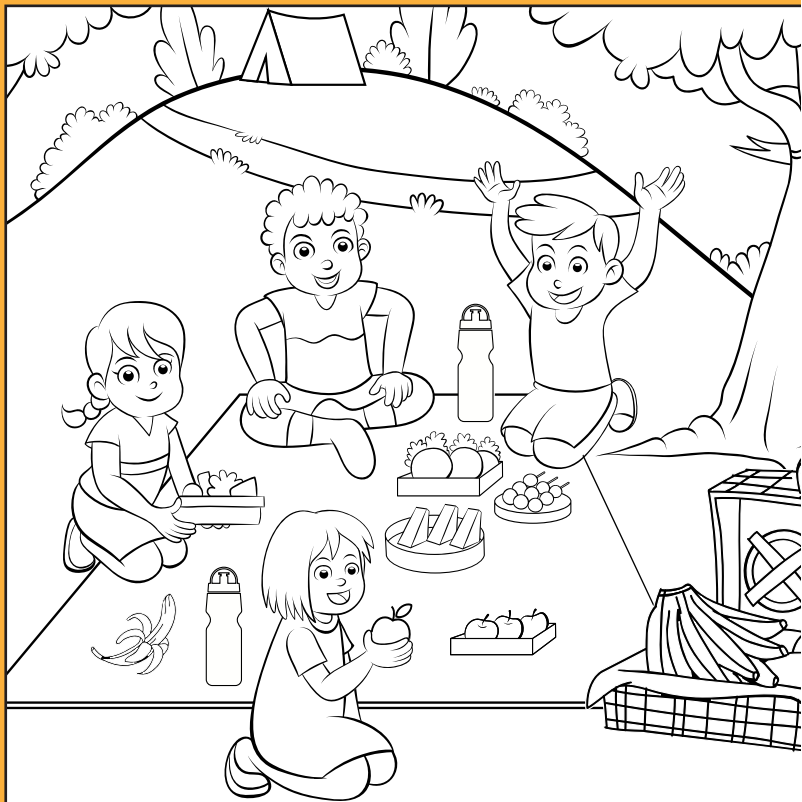


fuel your adventure



Eating fruits and veggies helps to fuel your adventure!
How many of these tasty things can you do? Check out
powerup4kids.org for more fun ideas and recipes!



- Try a new veggie and fruit
- Fill your plate with 4 colors or more (from fruits and veggies)
- Choose water or milk, instead of a sugary drink
- Pack a PowerUp picnic
- Color this fun picnic scene