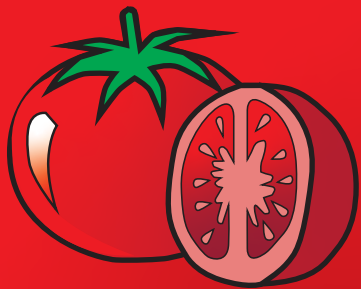
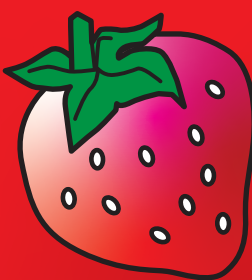
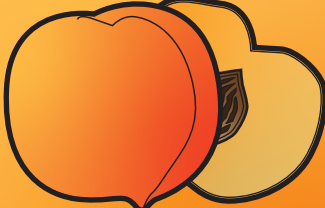
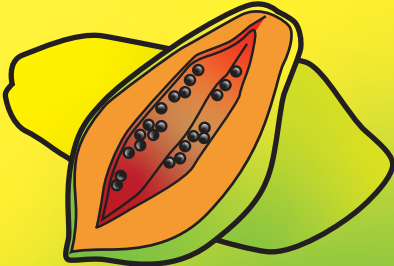
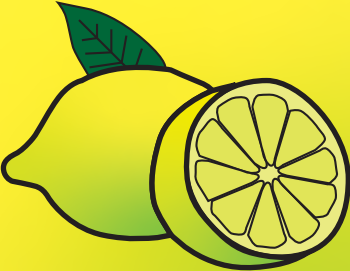
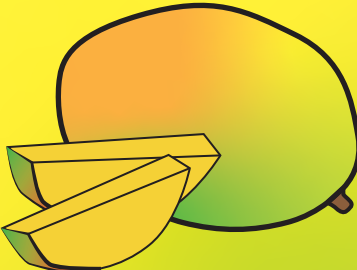
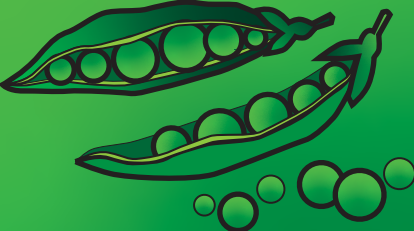
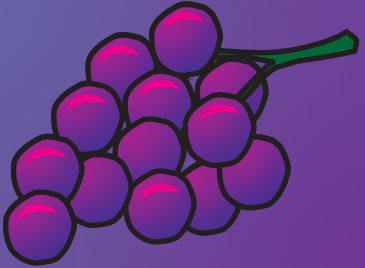
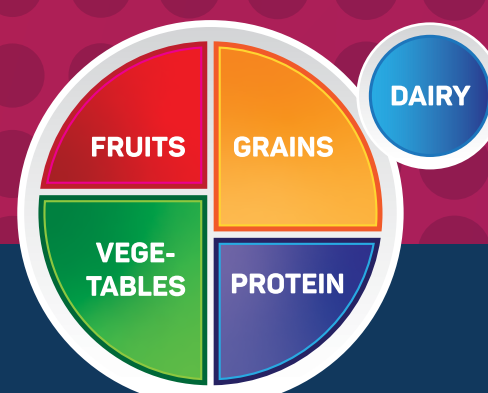
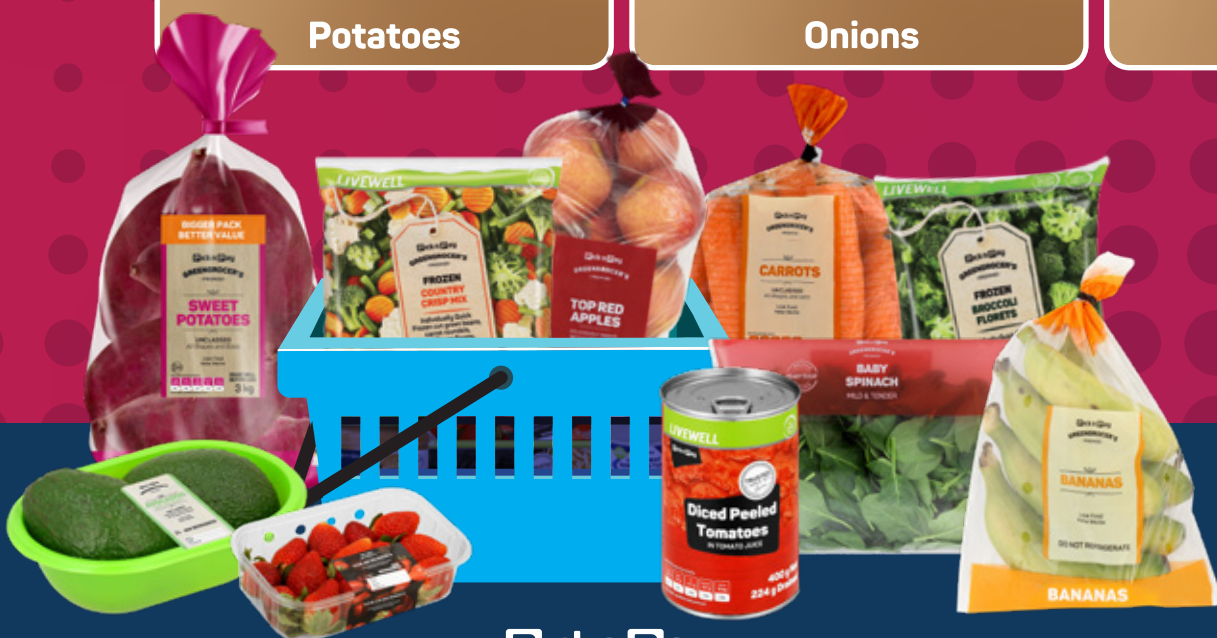


EAT A RAINBOW
EVERY DAY!



			
Apples	Tomatoes	Strawberries	Watermelons
			
Carrots	Oranges	Pumpkin	Peaches
			
Papayas	Lemons	Mangoes	Bananas
			
Cabbage	Peas	Spinach	Broccoli
			
Grapes	Plums	Berries	Eggplant
			
Potatoes	Onions	Garlic	Mushrooms

**Get creative with salads
– use lots of different
colourful veggies and add
fruit, such as thin slices of
apple or peaches.**



Pick n Play 
School Club