

NAME: _____

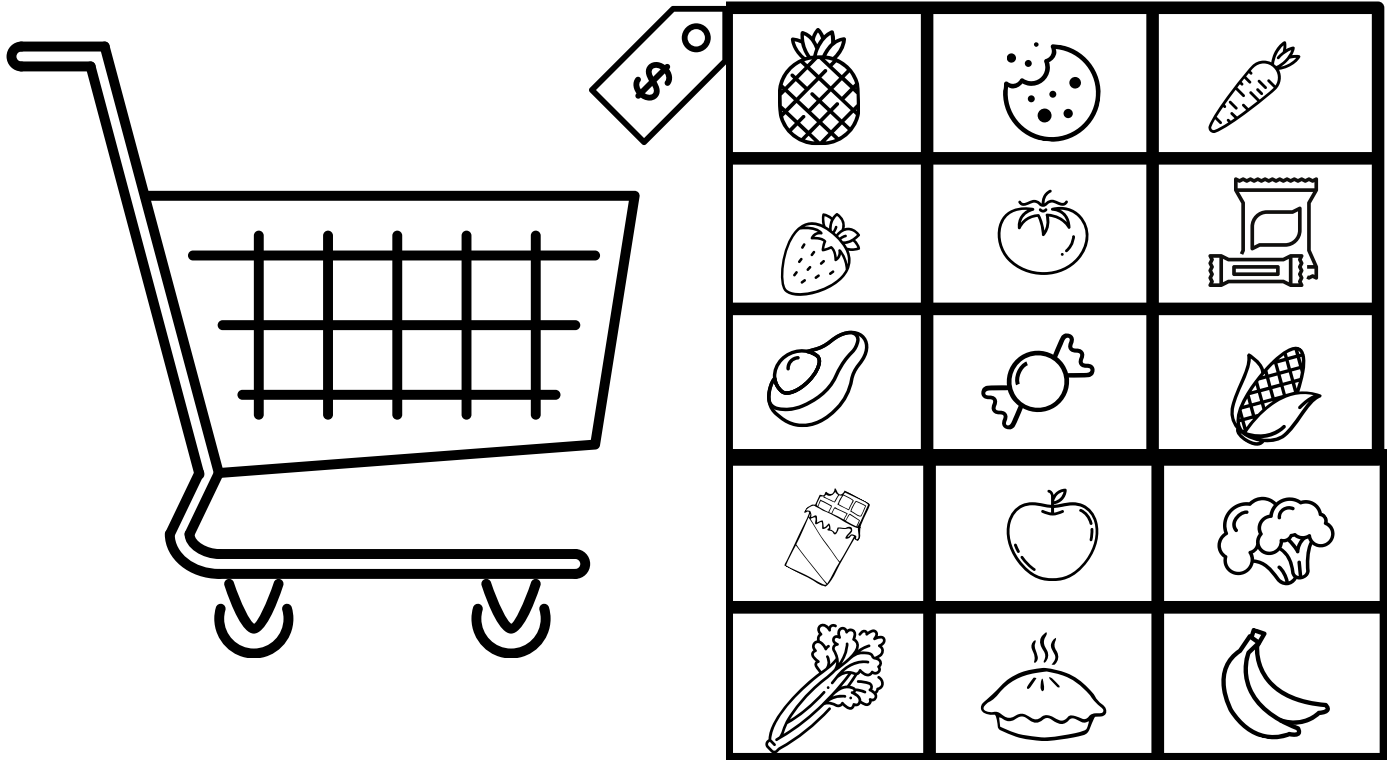
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brighterbites®

HEALTHY TOPIC: HEALTHY ON A BUDGET

List 5 fruits and 5 vegetables that are in season.



Fruits:

1. _____
2. _____
3. _____
4. _____
5. _____

Vegetables:

1. _____
2. _____
3. _____
4. _____
5. _____

HEALTHY TIP:

EATING HEALTHY DOESN'T MEAN EATING EXPENSIVE FOOD. SEASONAL FRUITS AND VEGETABLES ARE NUTRITIOUS AND AFFORDABLE. THE MORE GO FOODS ON YOUR PLATE THE BETTER IT IS FOR YOUR HEALTH!

PRODUCE ACTIVITY:

- Share your favorite fruits and vegetables from the Brighter Bites produce.