

NAME: _____

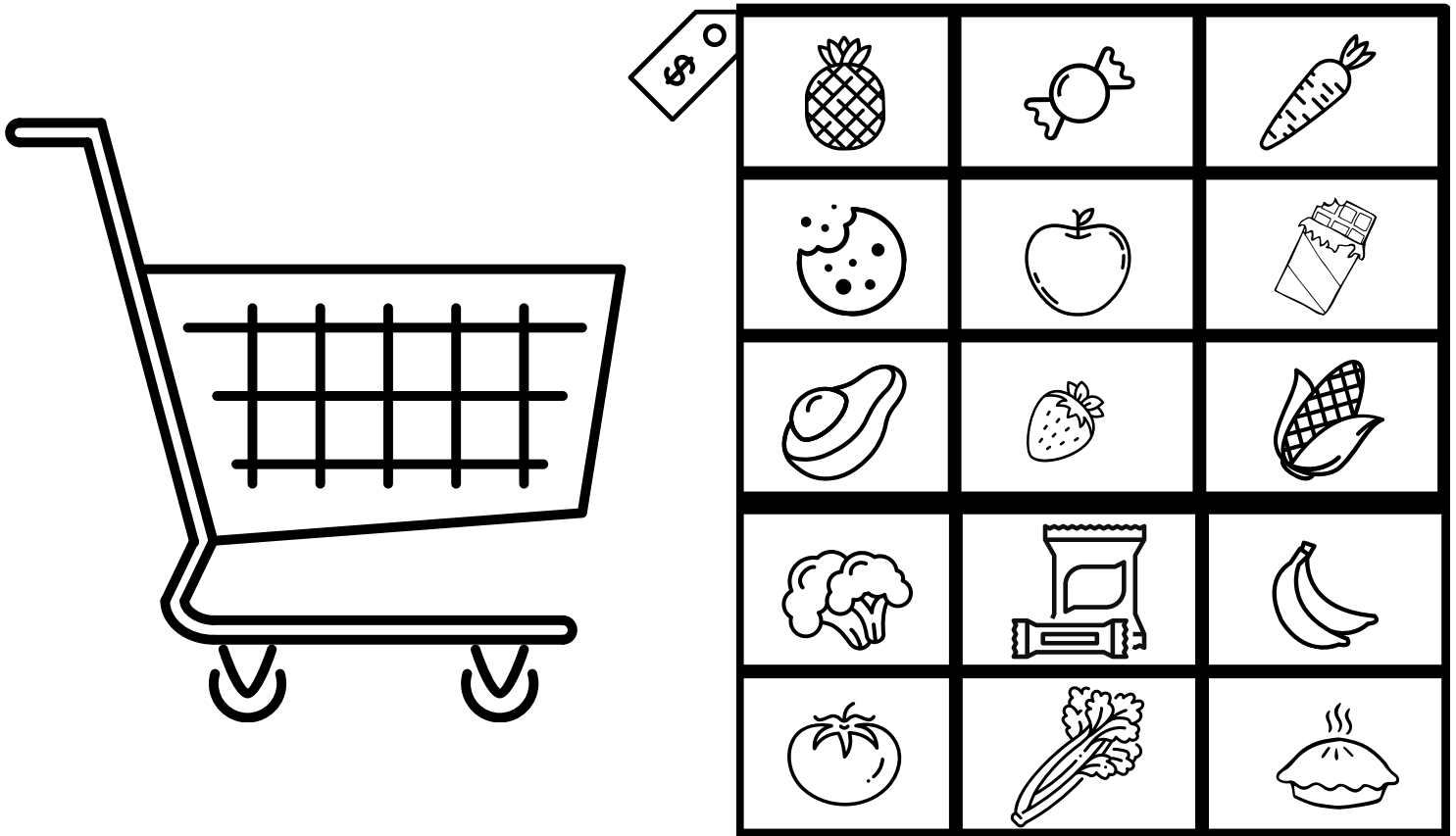
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brighterbites®

HEALTHY TOPIC: HEALTHY ON A BUDGET

You are at a supermarket, take your shopping cart and start shopping. Draw a line from the items you put in cart (remember to choose GO foods).



HEALTHY TIP:

EATING HEALTHY DOESN'T MEAN EATING EXPENSIVE FOOD.
THE MORE GO OR WHOLE FOODS ON YOUR PLATE THE
BETTER IT IS FOR YOUR HEALTH

PRODUCE ACTIVITY:

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