



FUELING KIDS WITH THE COLOR OF NUTRITION

Mark in a colored square when you eat the same color fruit or vegetable.
Each complete set equals one full day of good nutrition.

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30

