

Munch Minute


EASY INFORMATION FOR PARENTS



COLORFUL FOODS ARE BEST FOR YOUR BODY!

More often, choose:

- Romaine, mixed greens, or spinach to boost nutrition in your sandwiches.
- Bright vegetables like carrots, beets, broccoli and peppers alongside potatoes or rice at dinnertime.
- Vibrant fruit like red tomatoes, apples, kiwi, and oranges. Bananas are nutritious too, but don't let them be the only fruit at the party!



Despite their mild colours, cauliflower and mushrooms are also very nutritious choices.