

FAMILY MEALS MONTH EDITION



RAISE
YOUR
MITT
TO COMMIT

Kids! crew

COLORING BOOK

September

NATIONAL
FAMILY
MEALS
MONTH

FMI Foundation

**Kids
crew**

TEAM INTRODUCTION



OLIVE

Oils



ChooseMyPlate.gov

Favorite Color: Yellow

Favorite Foods: Sunflower Seeds and Mixed Nuts



FUJI

Fruits



ChooseMyPlate.gov

Favorite Color: Red

Favorite Foods: Fruit Salad and Banana with Peanut Butter



PEPPER

Vegetables



ChooseMyPlate.gov

Favorite Color: Green

Favorite Foods: Baby Carrots and Veggie Pizza



COLBY

Dairy



ChooseMyPlate.gov

Favorite Color: Blue

Favorite Foods: Cheese Sticks, Yogurt, and Mac'n Cheese



OATIS

Grains



ChooseMyPlate.gov

Favorite Color: Orange

Favorite Foods: Quinoa, Pasta, and Granola



CHIA

Protein

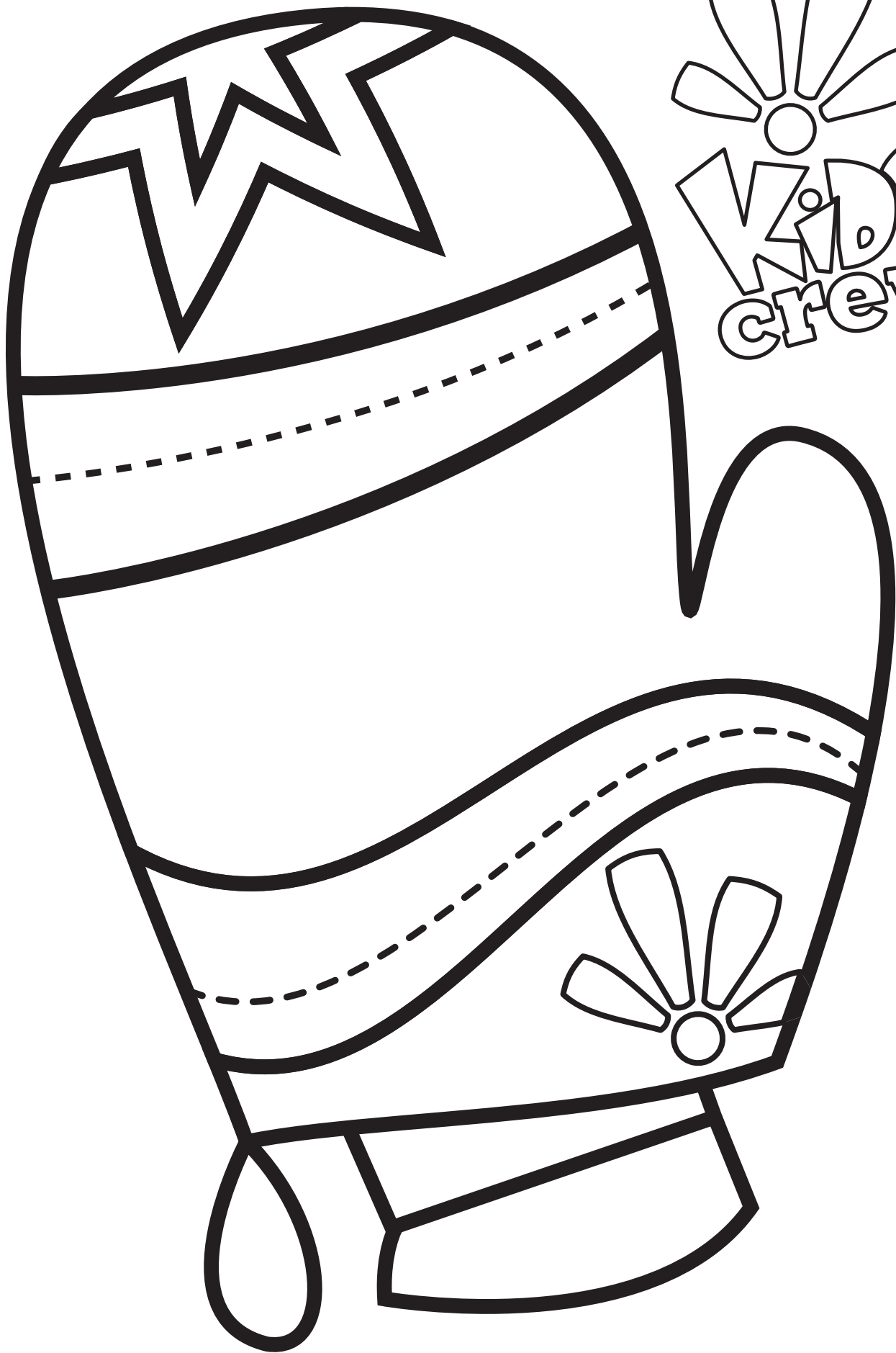


ChooseMyPlate.gov

Favorite Color: Violet

Favorite Foods: Tuna with Crackers and Black Bean Soup











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