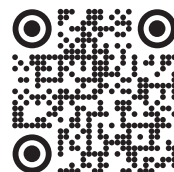
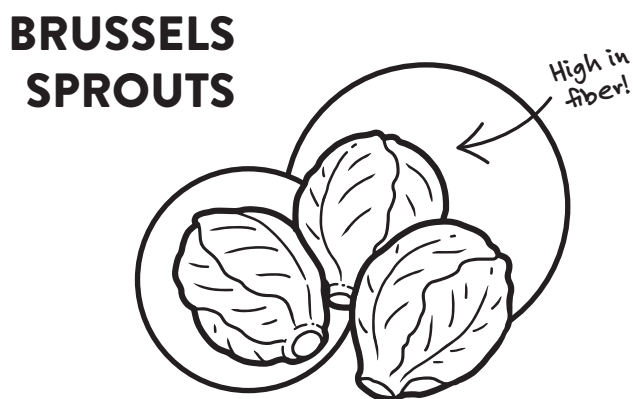
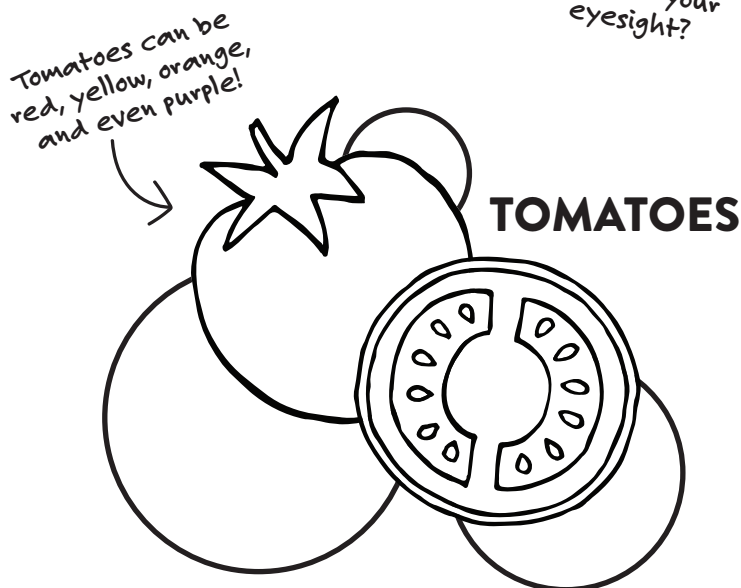
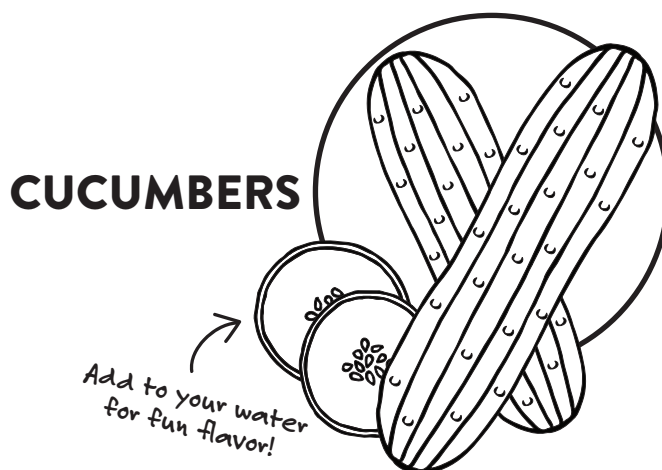
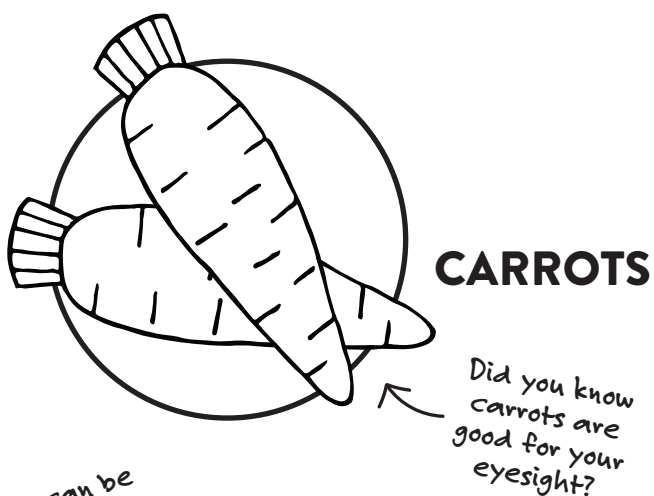
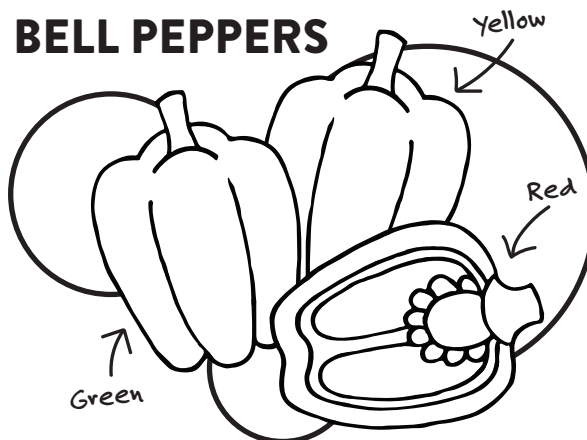
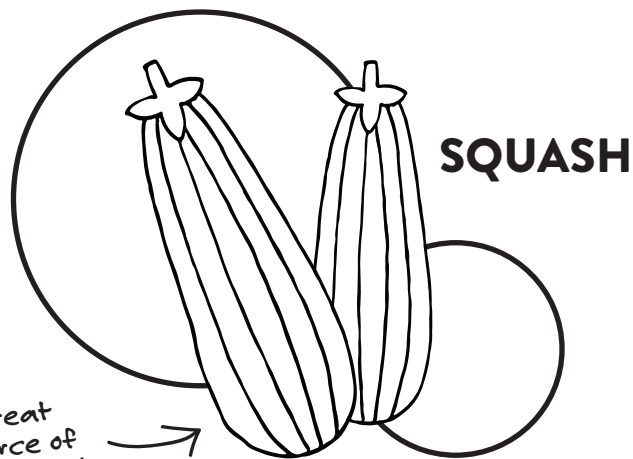


COLOR YOUR PLATE



VARY YOUR VEGGIES

**WHAT ARE YOUR
FAVORITE RED VEGGIES?**

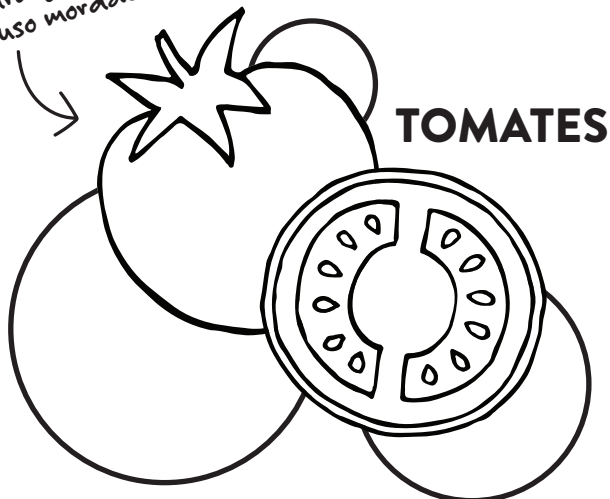
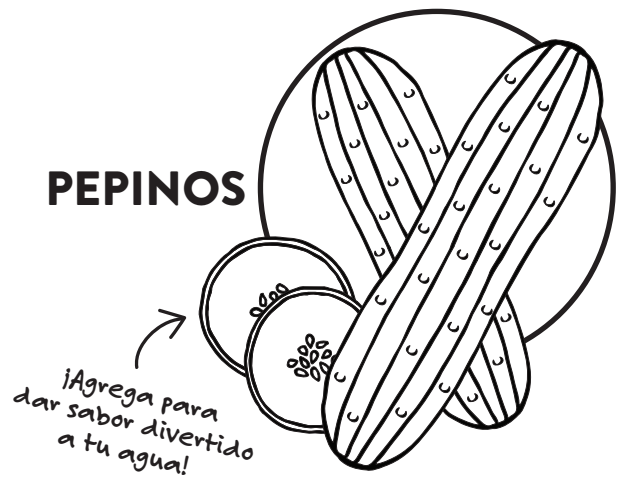
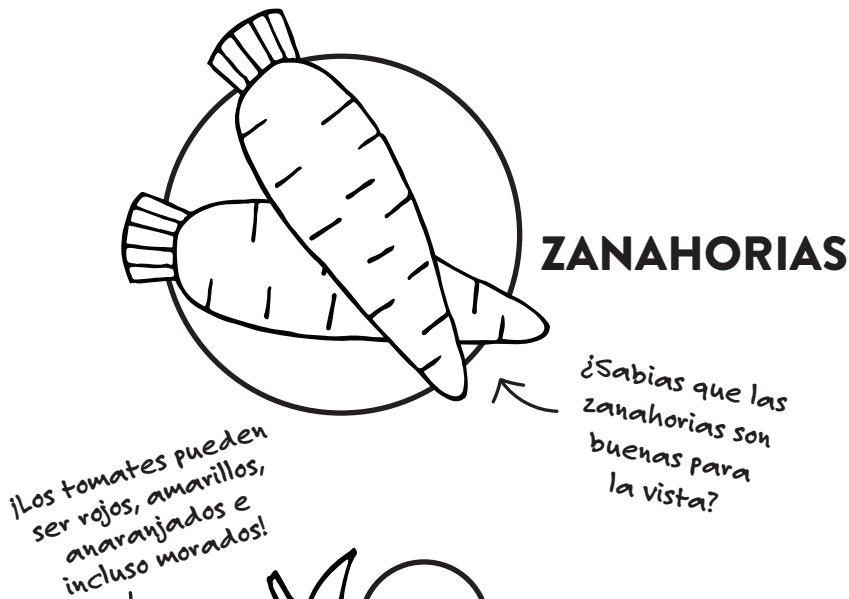
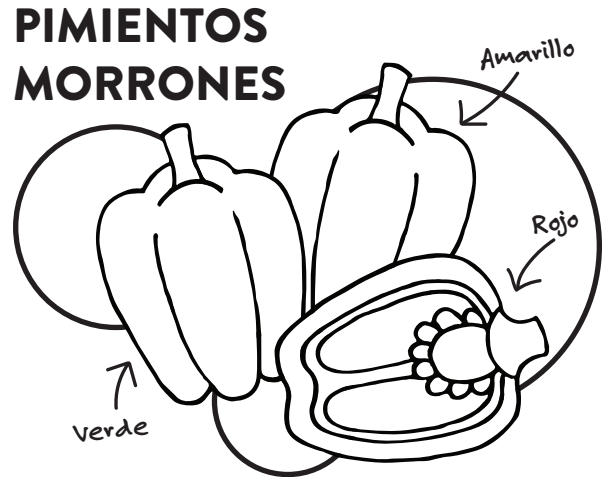
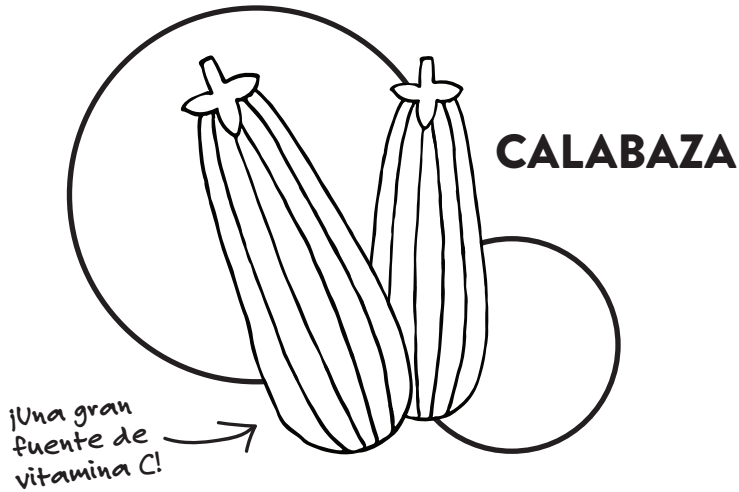
**WHAT ARE YOUR
FAVORITE GREEN VEGGIES?**

**WHAT ARE YOUR
FAVORITE YELLOW VEGGIES?**

**WHAT ARE YOUR
FAVORITE ORANGE VEGGIES?**

**WHAT IS YOUR
FAVORITE MEAL WITH VEGGIES?**

COLOREA TU PLATO



Este material fue financiado por el Programa de Asistencia Nutricional Suplementaria [SNAP] del USDA para el Proyecto ONIE. Esta institución es un proveedor que ofrece igualdad de oportunidades.

¿Buscas ideas para la cena?
Visita EligeCasero.org para
cientos de recetas que
tu familia le encantarán.



ELIGE CASERO
EligeCasero.org

VARÍA TUS VEGETALES

**¿CUÁLES SON TUS VEGETALES
ROJOS FAVORITOS?**

**¿CUÁLES SON TUS VEGETALES
VERDES FAVORITOS?**

**¿CUÁLES SON TUS VEGETALES
AMARILLOS FAVORITOS?**

**¿CUÁLES SON TUS VEGETALES
NARANJAS FAVORITOS?**

**¿CUÁL ES TU COMIDA
FAVORITA CON VEGETALES?**