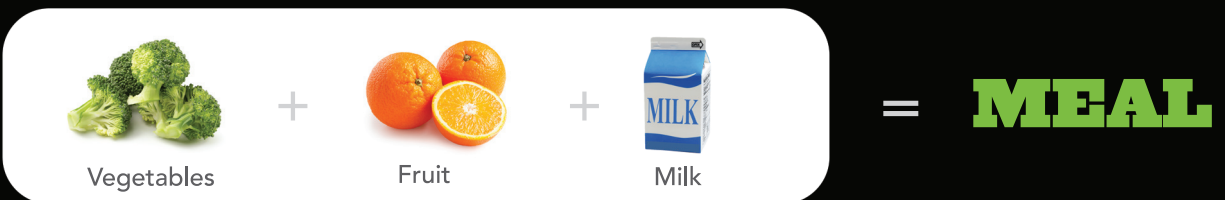


# CREATE A MEAL

Take at least **3** food items to create a meal

1. Select a 1/2 cup of **Fruit** or **Vegetable** (or both)
2. Pick a second serving of fruit or some other foods like: **Whole Grains**, **Lean Protein**, or a **serving of Milk**
3. Take a **minimum of 3 food groups** and a **maximum of 5**

## MEAL EXAMPLES



This institution is an equal opportunity provider.