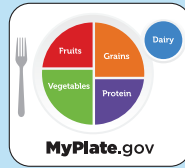


Nutrients Help Me Grow!



Offer a variety of foods from each food group to kids daily.



skin

Zinc helps keep my skin healthy.

Eat foods like:



yogurt



whole grains



Eyes

Vitamin A helps me see.

Eat foods like:



milk



carrots



Immune System

Selenium helps keep my immune system healthy.

Eat foods like:



yogurt



seafood



Heart

Potassium supports my heart health.

Eat foods like:

yogurt avocado



Energy

B Vitamins (B2, B3, B5, B12) help my body turn food into energy.

Eat foods like:

milk



cereal



Bones

Calcium helps me build strong bones and teeth.

Eat foods like:



milk



leafy greens



Brain

Iodine supports my brain power.

Eat foods like:



milk



nuts



Teeth

Phosphorus helps me build strong bones and teeth.

Eat foods like:



cheese



eggs



Muscles

Protein helps me build strong muscles.

Eat foods like:

Greek yogurt



lean meats



Gut

Fiber supports my gut health.

Eat foods like:



kale



oatmeal



Bones

Vitamin D helps my body absorb calcium needed for strong bones and teeth.

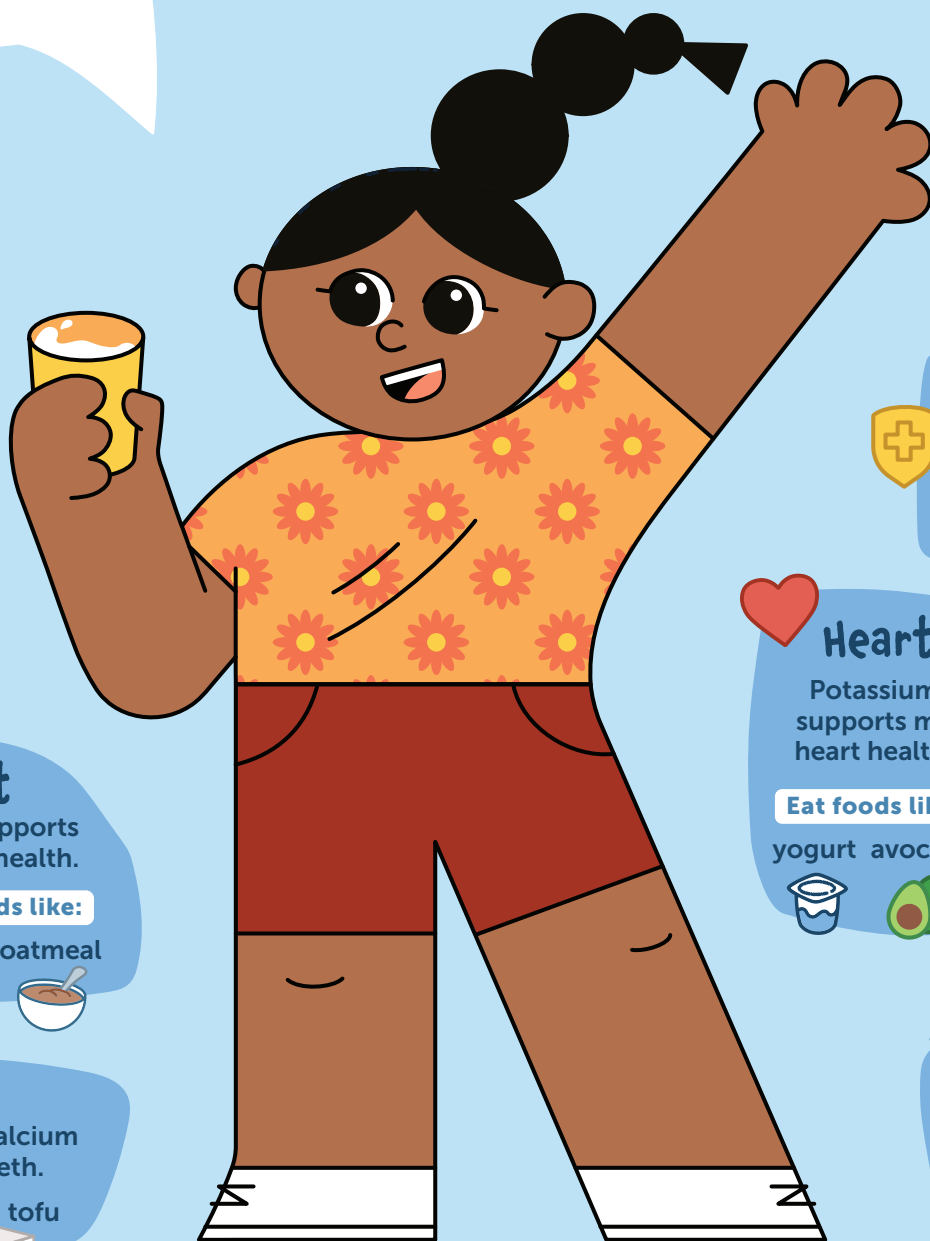
Eat foods like:



milk



tofu





Washington farmers produce over 300 agricultural products: including asparagus, cherries, lentils, milk, wheat, and more!

Farms

Farmers take special care of their animals, crops, water, and land.

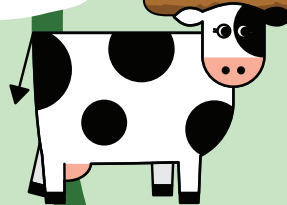


Compost & Feed

Farmers use compost to nourish crops and food scraps like leftovers from canning fruits to help feed animals.



Cow manure is used as compost to nurture the soil!



From the Farm to My Table

It takes a team to get food from the farm to my table. Farmers care about the environment and providing nutritious foods. They help move nutrients through the food system from animals to people and back to the land to grow more food and continue the cycle.

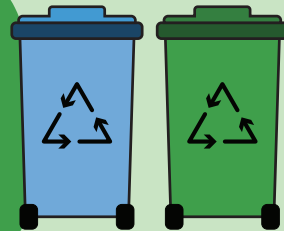
Grocery store

Once food is ready it goes to the grocery store for purchase.



Recycle & Compost

Reducing waste at home helps protect the environment.



You can help too!
Don't let your food go to waste



Compost and store leftovers properly to enjoy later.



Plan meals ahead to make grocery shopping easier.

Table

Eating healthy foods helps me grow.



A balanced plate has fruits, vegetables, grains, protein, and dairy!