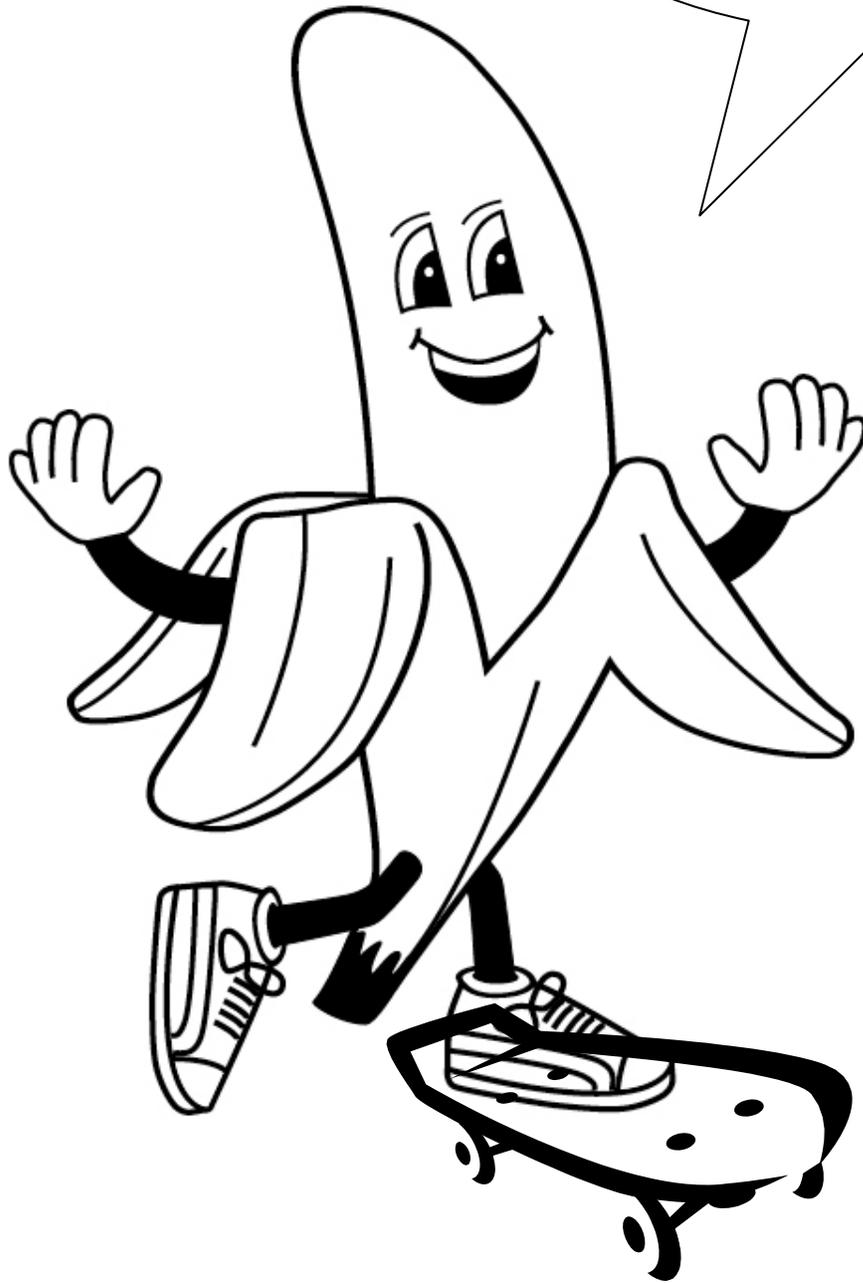
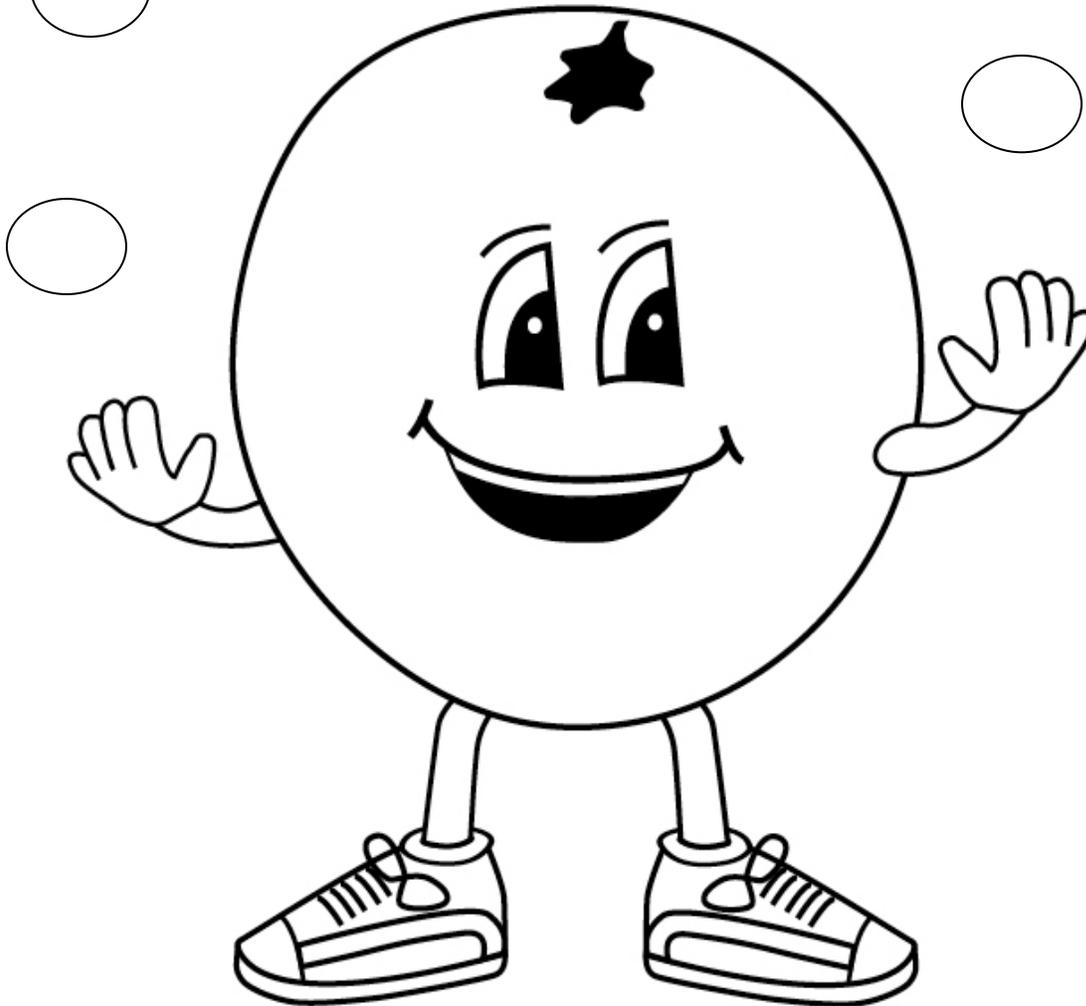


Hi there! I am a banana! I  
am a great grab-n-go  
snack. Just peel my skin  
and eat!



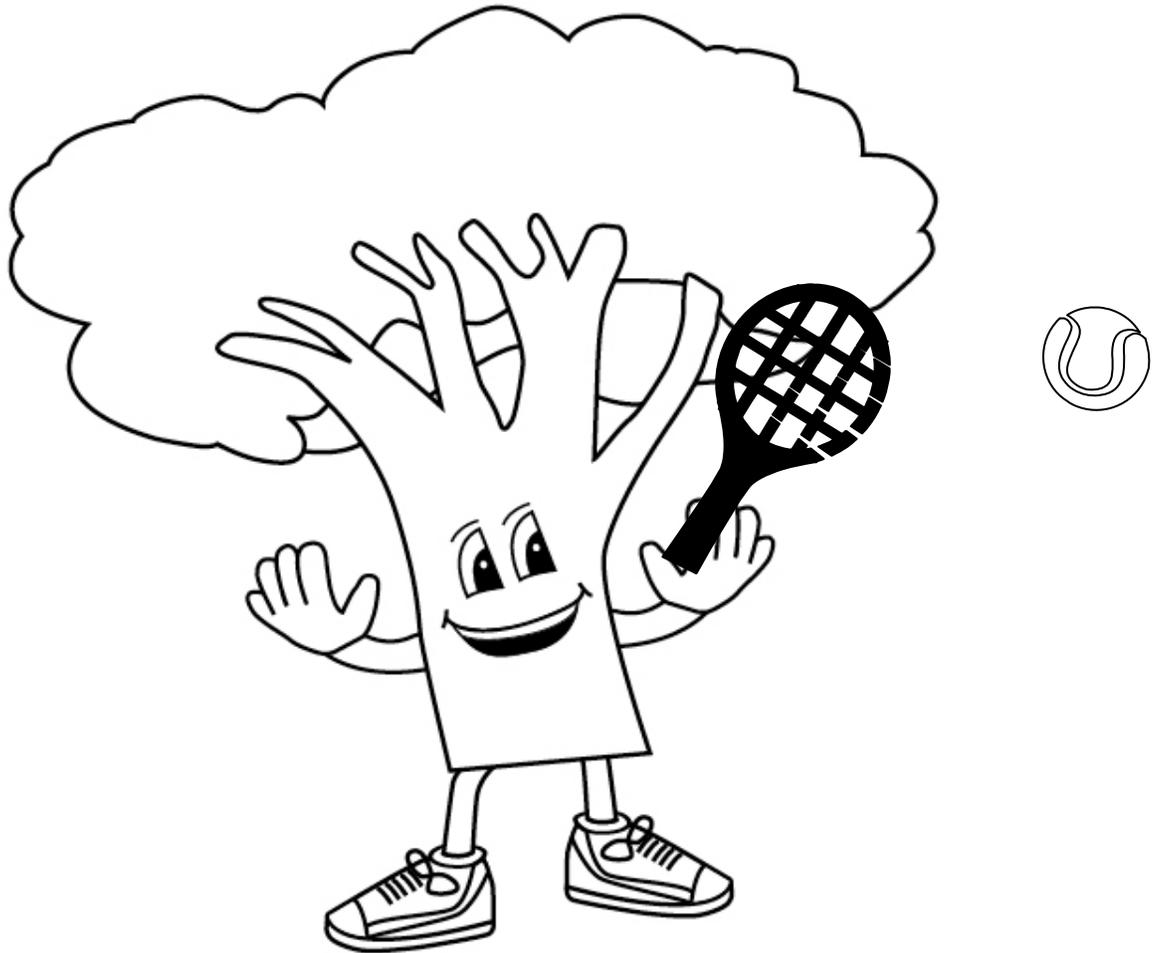
I am a good source of fiber, vitamin C, and potassium. Did you know the average person eats 33 pounds of bananas a year? Wow! I must be the most popular fruit in America!

Hi there! I am a blueberry!  
You can toss me in your  
cereal or in a blender  
for a refreshing smoothie!

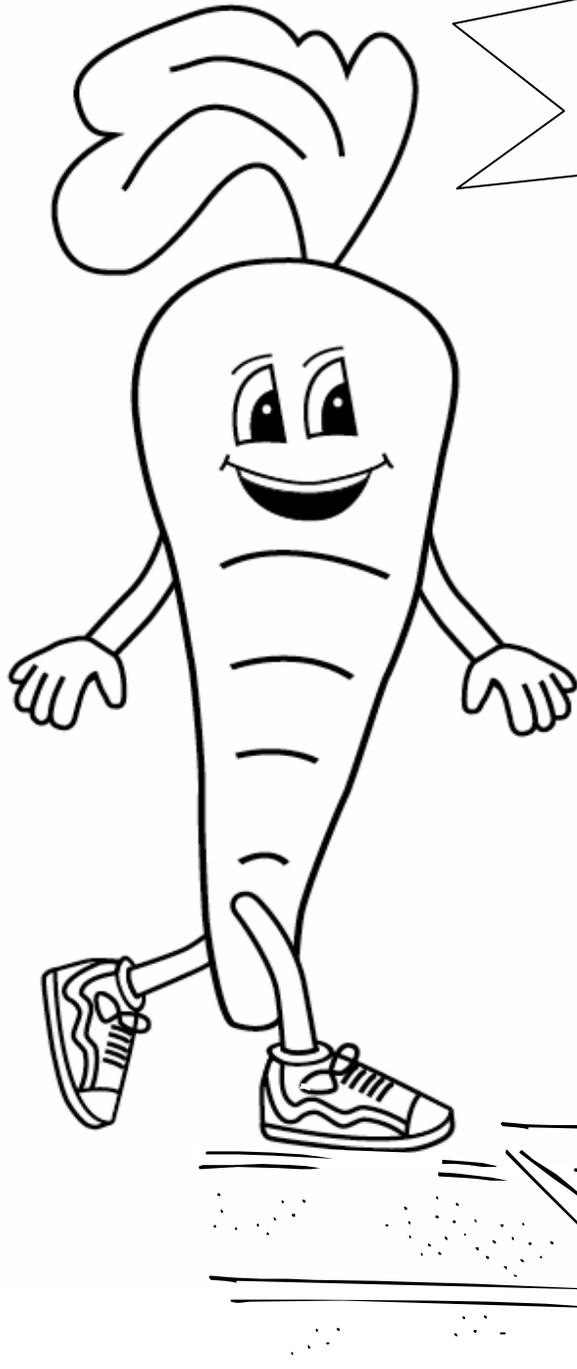


I am a good source of vitamin C and fiber. I am a great choice when choosing berries this summer! When you are thinking of a sweet and easy snack, think of me.

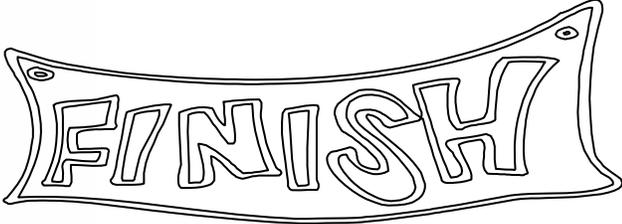
Hi there! I am broccoli. You can eat me with Cheese, in a salad, or in your favorite pasta. You can even dip me in salad dressing.



I am a powerhouse when it comes to nutrition! I am an excellent source of vitamin C and folate, and a good source of fiber and potassium!  
Now, lets get ready to play tennis!

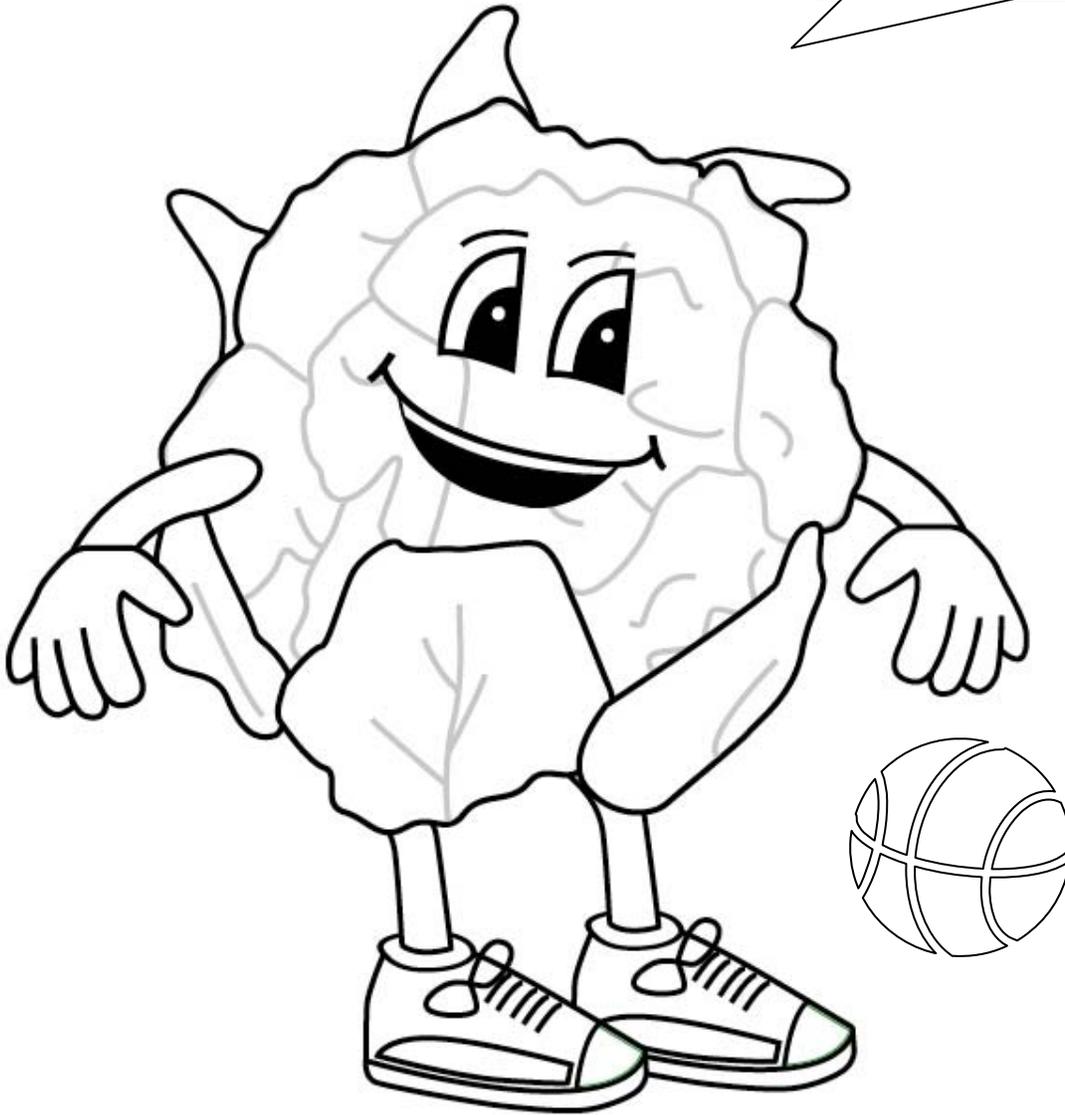


Hi there! I am a Carrot!  
I am long, orange, and  
very crunchy! I make a  
tasty snack!

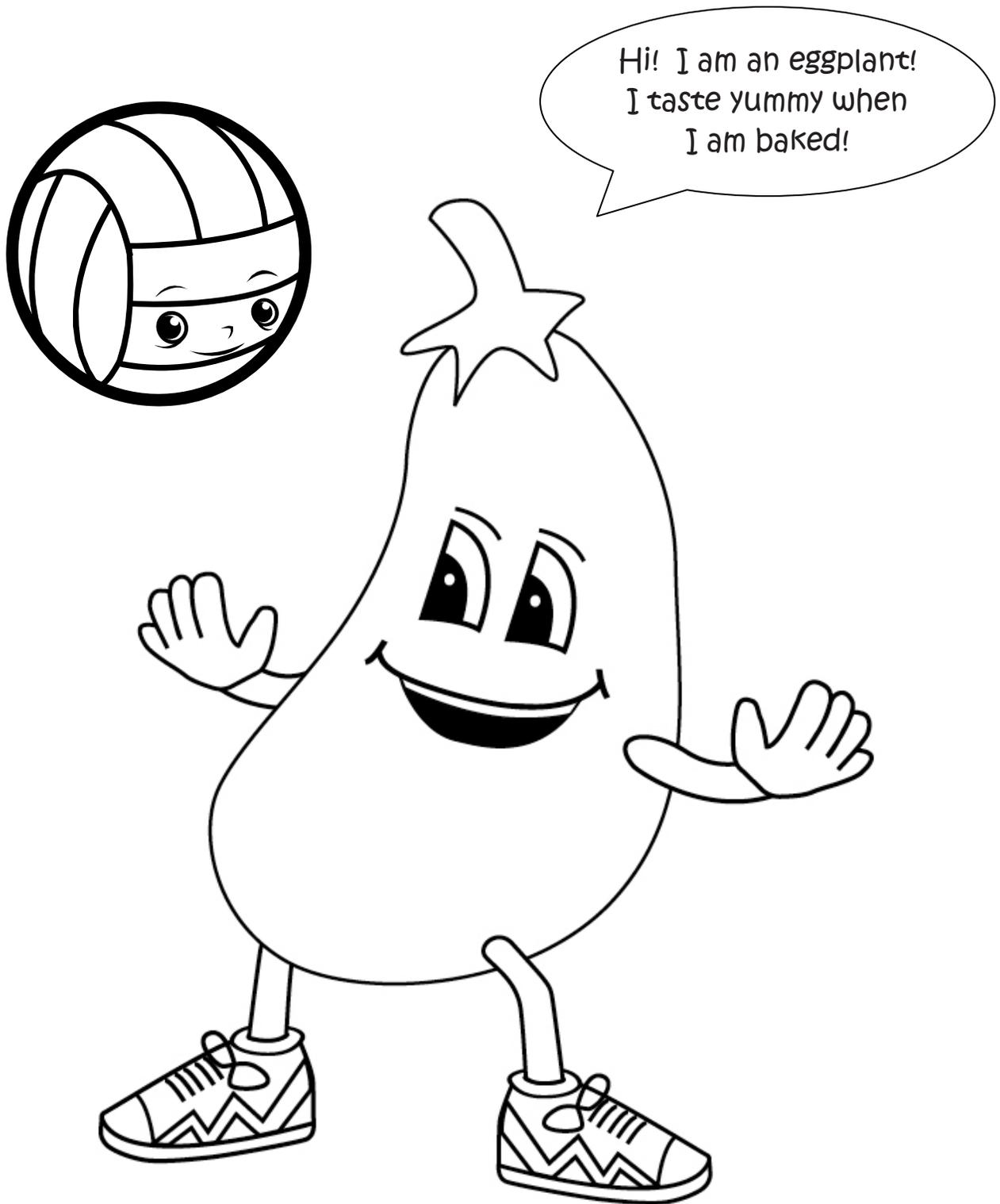


I am an excellent source of vitamin A and a good source of vitamin C. I grow in the ground and rabbits love to dig me up. But, now that I have these great shoes, I can outrun those rabbits and stay healthy too!

Hello! I am cauliflower! Cut me into bite-sized chunks and eat me raw with your favorite dip or you can steam me and top me with your favorite cheese!

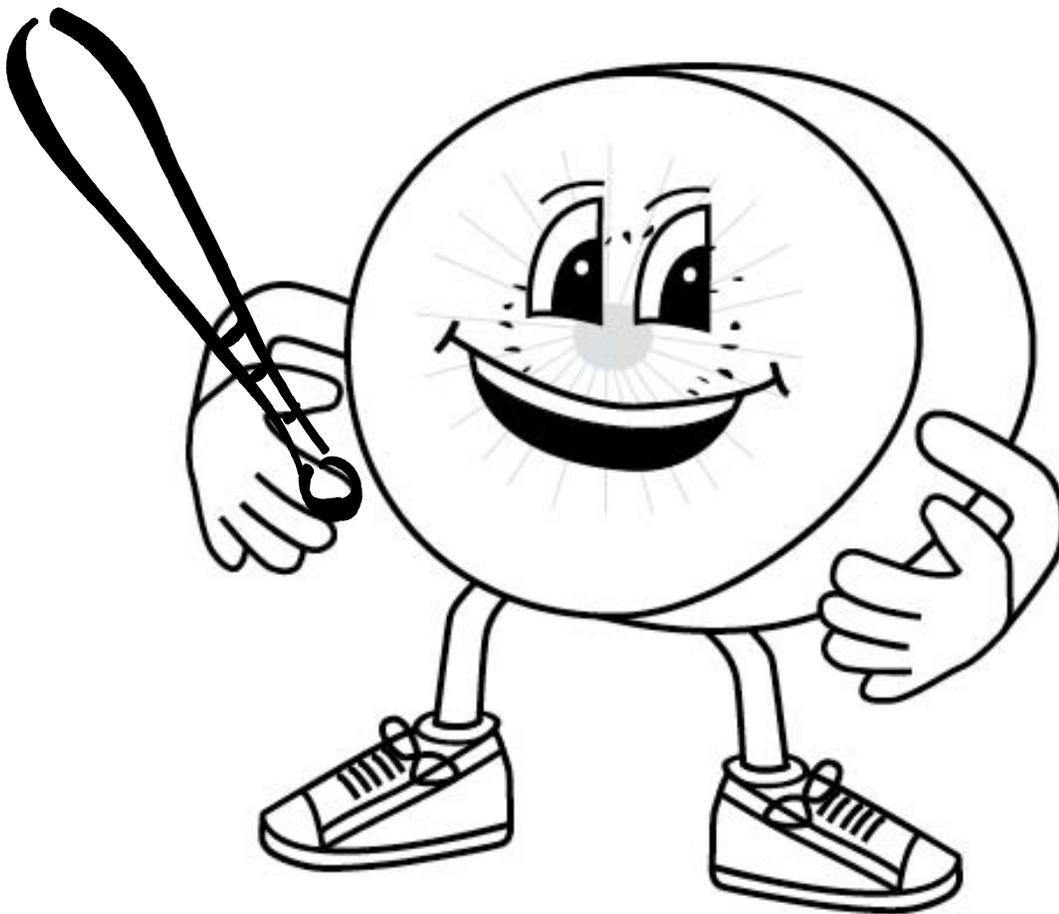


I am high in vitamin C and a good source of folate. I am available all year round, so try me soon in your next pasta dish!



I provide your body with potassium and fiber. Did you know I am really a fruit, actually a berry? I am related to the tomato and potato family.

Hello! I am a fuzzy kiwifruit!  
Remove my fuzzy skin and  
enjoy my tasty green flesh  
inside.



I am a good source of fiber, potassium and vitamin C. Try me in a fruit salad  
or in a fruit smoothie.

Hi! I am a peach and peaches are tasty! Slice me up, throw away the pit, and enjoy! I am also very good in a smoothie or right out of the can!



I am round, fuzzy and an orangy-yellow color. I am a good source of vitamin C which is important to keep you healthy!



Hi there! I am a pineapple! You can eat me in chunks, slices, fresh, dried, or straight out of the can!



I am good for you! I am a good source of vitamin C and I make a great snack any time of day!

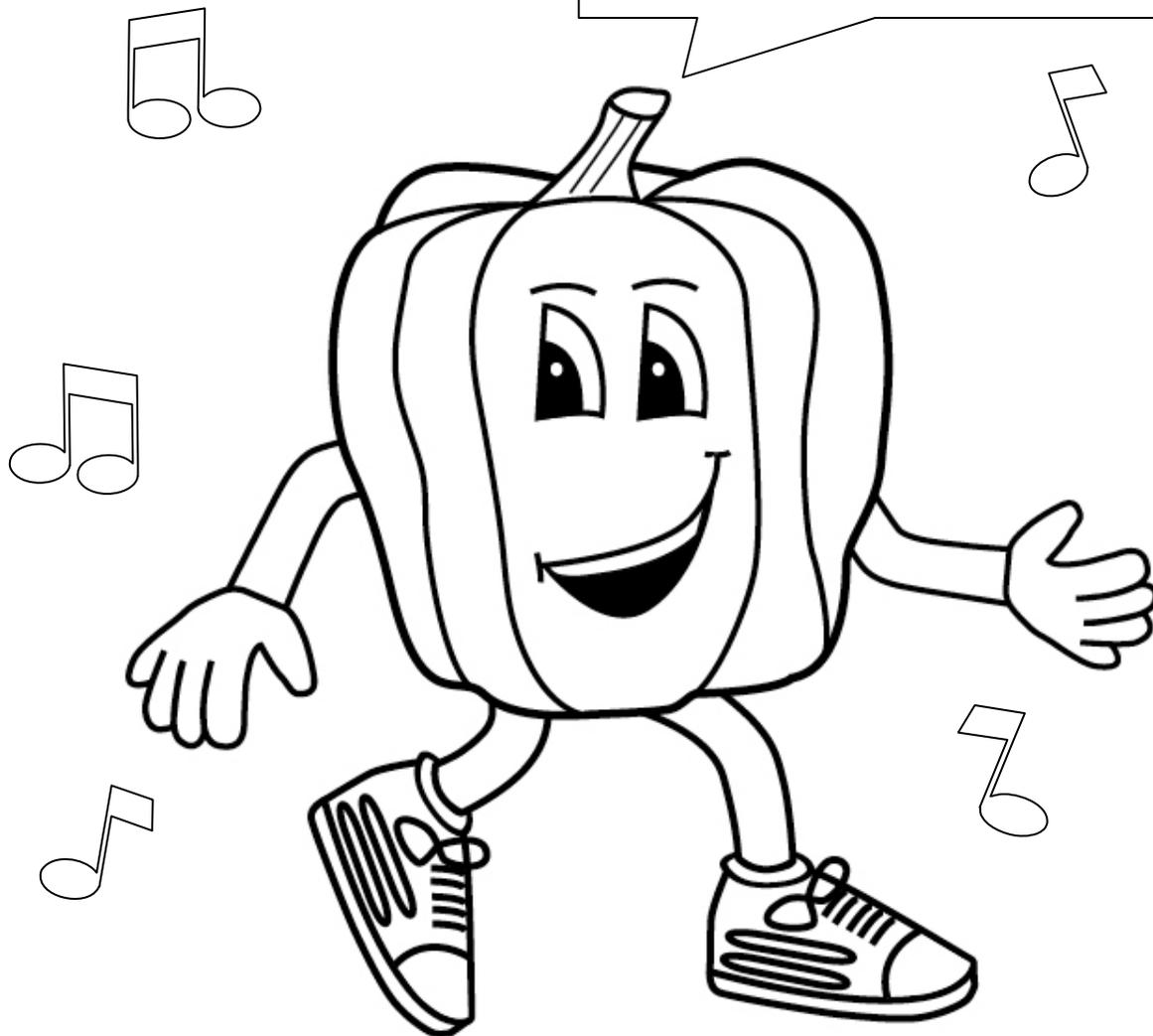
**nebraska**  
Community Nutrition  
**C·N·P·C**  
Partnership Council

This institution is an equal opportunity provider and employer.

Pick a **better** snack™



Hello! I am a red bell pepper! Just slice me up and toss me in your favorite pasta or chicken dish or try me raw with low-fat dip.



I am very good for you! I am full of Vitamin C! When you eat me raw, I am very crunchy. I taste very sweet, not spicy! I am the sweetest of all the bell peppers.

Hi there! I am a strawberry! You can have me for breakfast, lunch, or even a dessert!



I am high in folate and vitamin C, and a good source of fiber. Don't forget to toss me in your morning cereal!