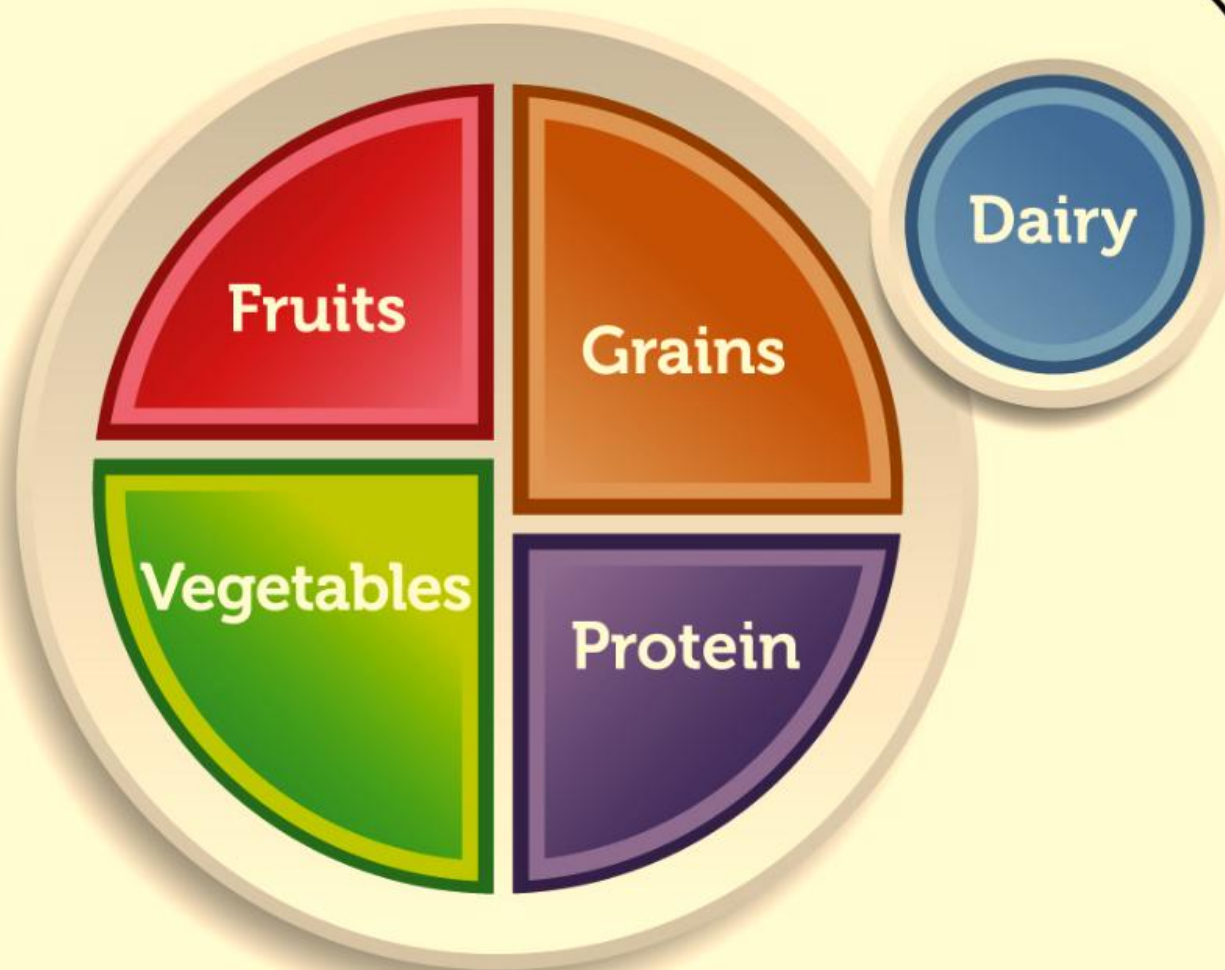




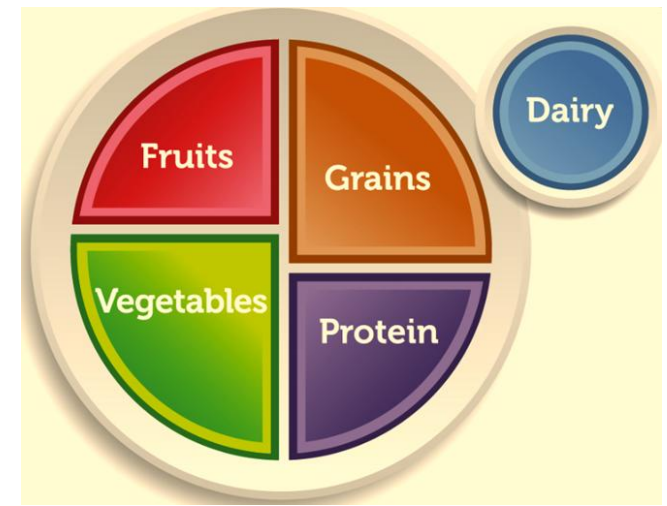
NURTURE

www.nurtureyourfamily.org

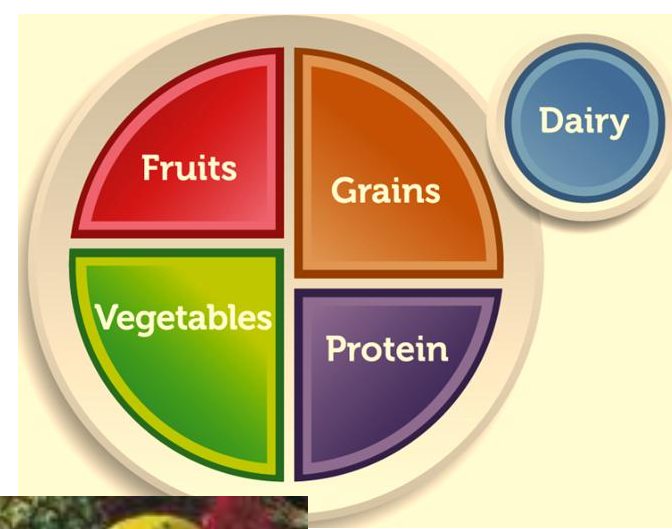


Choose **MyPlate**.gov

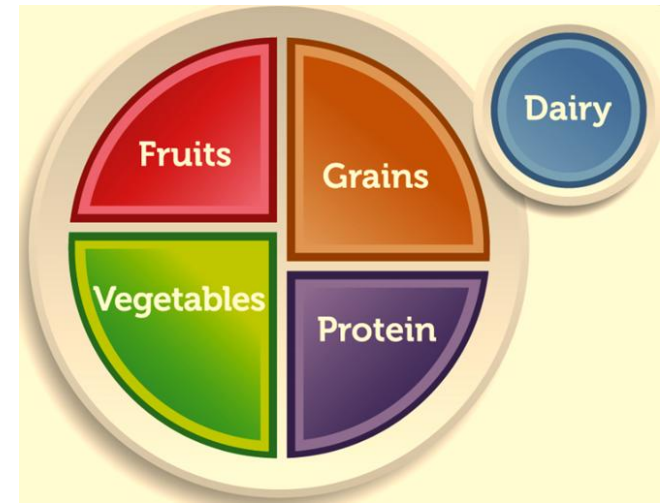
Vegetables



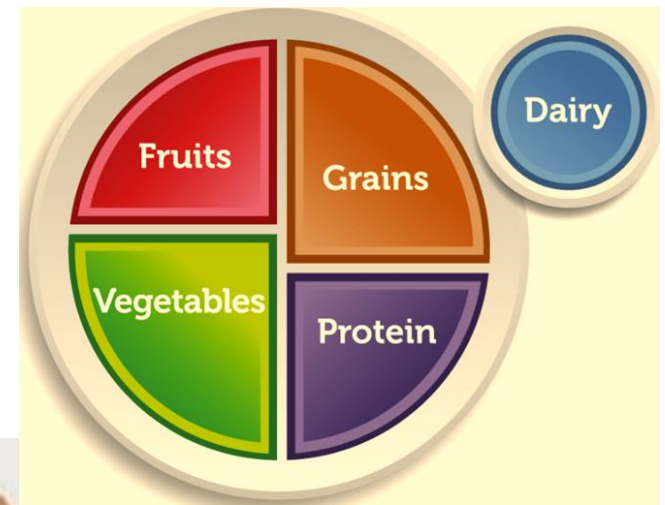
Fruits



Grains



Proteins



Dairy

