

Tour Highlights

HEN HOUSE
M A R K E T

Tour Stops



Produce

Eat every color every day



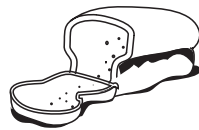
Cereal



Seafood or Meat Department



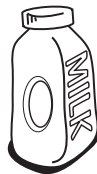
Bread



Deli



Dairy



Bottled Water



Natural/Organic



Checkout



Main Messages

- Eat every color every day
- More Matters - get your 5-A-Day
- Serving size

- Eating a nutritious breakfast gives us the energy we need to learn all morning!
- Investigate Nutrition Facts

- Protein is important to build muscles!
- It gives us zinc, iron and protein

- The importance of whole grain

- A balanced and healthy lunch gives us energy to last until dinner

- 3-A-Day for strong bones and teeth!
- Dairy contains Calcium

- Drinking water ensures hydration and good health

- Try organic!
- Organic means plants grown free of pesticides and animals raised free or hormones

- Be active every day, even shopping counts!

