

Tour Highlights

Tour Stops



The Pharmacy



Cereal



Produce

5-9 servings/day



The Deli



Soups



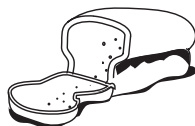
Meat & Seafood

2-3 servings/day



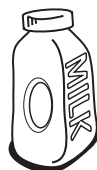
The Bakery

6-11 servings/day



Dairy

2-3 servings/day



Bank



Check-Out Aisle

Understanding Recycling

Main Messages

- Clean & healthy teeth
- Breakfast gives us energy to start the day
- Cereal is a quick & easy meal or snack
- Fruit & vegetables are great snacks
- Healthy snacks = energy boost
- Eating a balanced lunch is important
- Lunch is a great time to eat from many of the food groups
- Multiple Food Groups are found in soup
- Protein builds strong muscles
- Watch portion sizes
- So much to choose from!
- There are many nutritious bread varieties
- It's important to balance healthy and unhealthy fats
- Calcium & Vitamin D help build strong bones
- Convenience & savings
- Money & value
- 3R's-Reduce. Reuse. Recycle.

