

# Tour Highlights

## Tour Stops



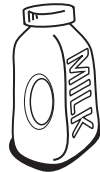
### **Produce**

5 or more servings

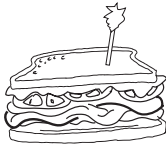


### **Dairy**

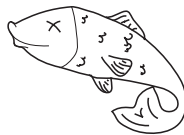
2-3 servings



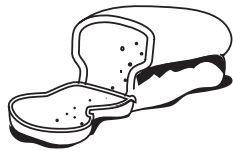
### **Deli**



### **Seafood**



### **Bakery**



### **Meat**

1-3 servings



### **Cereal**

6-11 servings



### **Checkout**

## Main Messages

- Making new discoveries about fruits and veggies.
- Serving size
- Produce from around the world
- Calcium builds strong bones
- Fast food with the food groups
- Food safety
- Fitness
- Understanding good and bad fats
- Explorers need Z-I-P!  
(Zinc, Iron, & Protein)
- Exploring refrigeration
- Breakfast gives you energy to explore
- Investigating Nutrition Facts Labels
- Discovering savings
- Reduce, Reuse, Recycle

