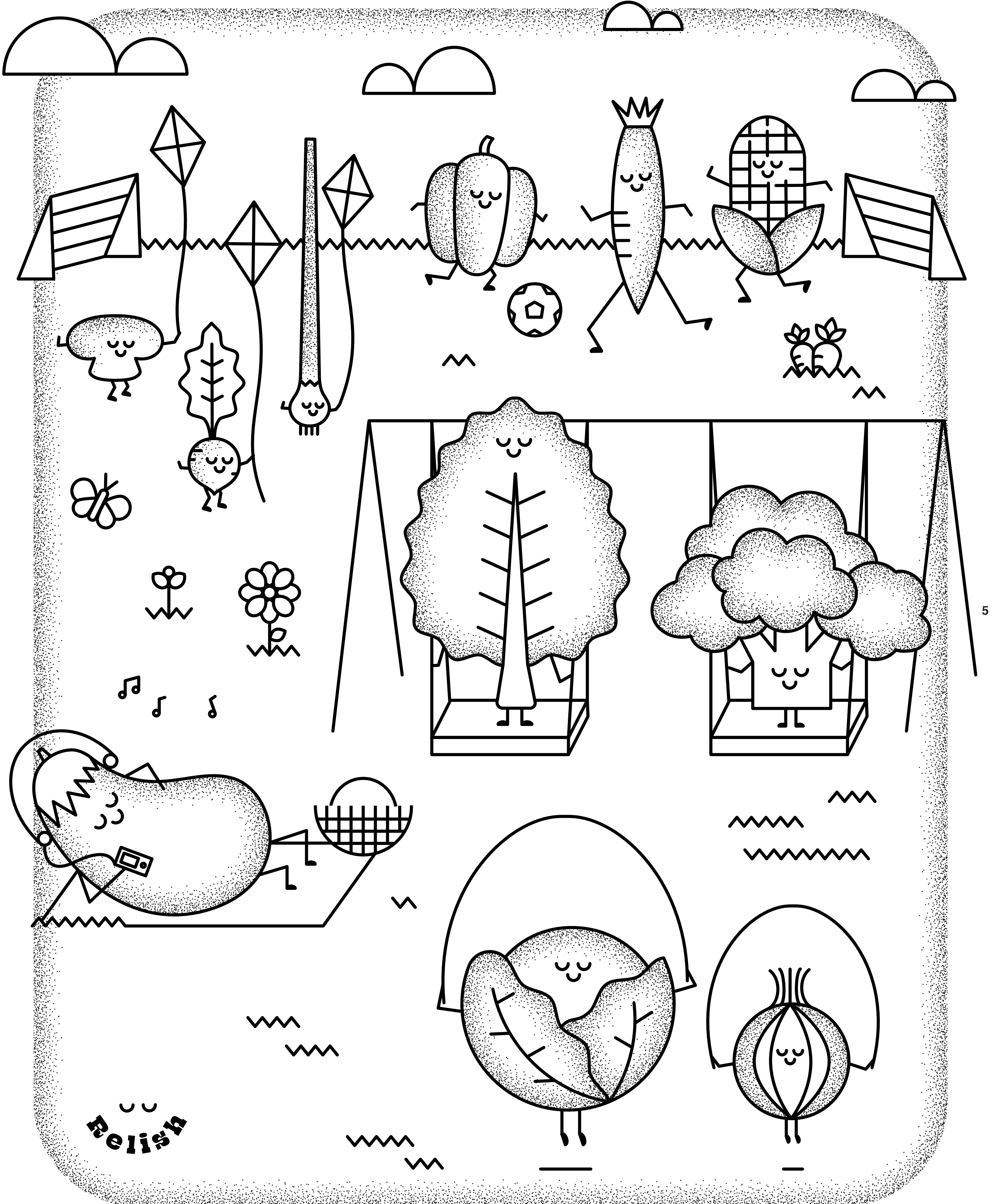
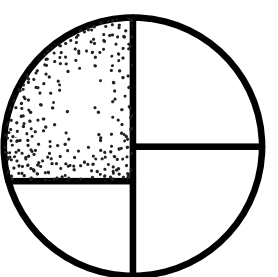


VEGGIES AT THE PARK



Relish



RELISH celebrates the enjoyment of nutrition through a collection of posters inspired by *The Healthy Eating Plate*, a guide developed by *Harvard School of Public Health* for creating balanced meals.

Color these veggies, then fill  $\frac{1}{2}$  of your plate with them every day! Fill in the blank: My favorite veggie to eat is \_\_\_\_\_

Hint: look at the veggies at the park for inspiration.

This poster was brought to you by:



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