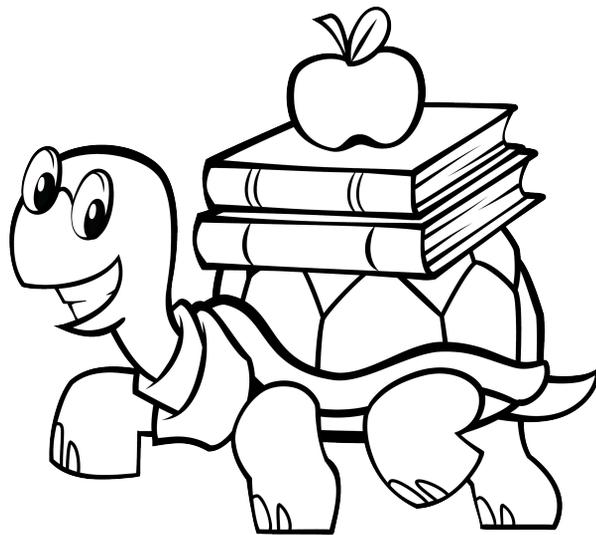
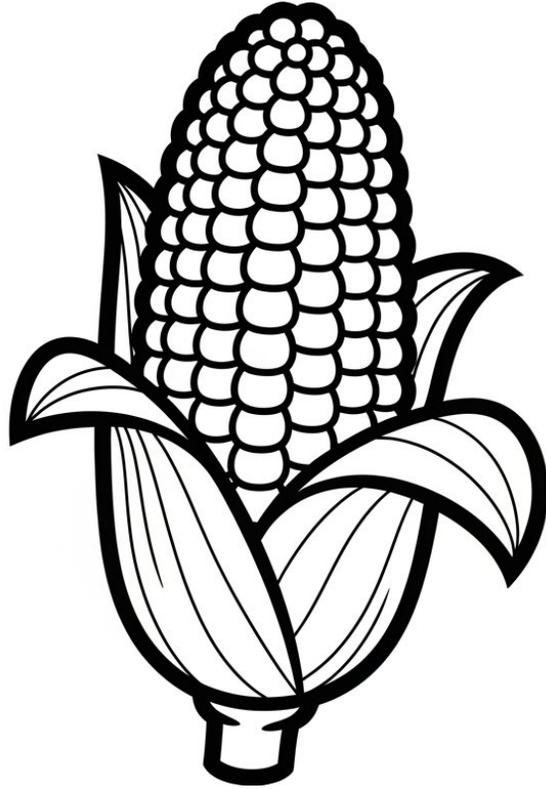


Nutritious Food Coloring Pack

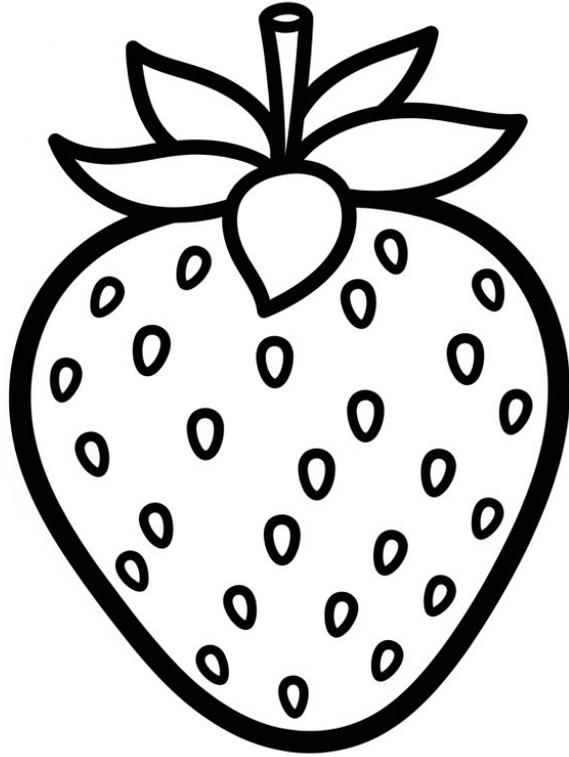
2026



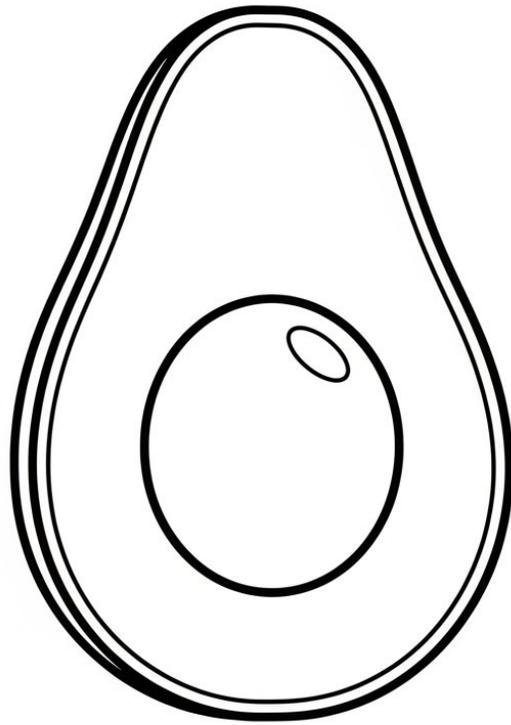
This Month



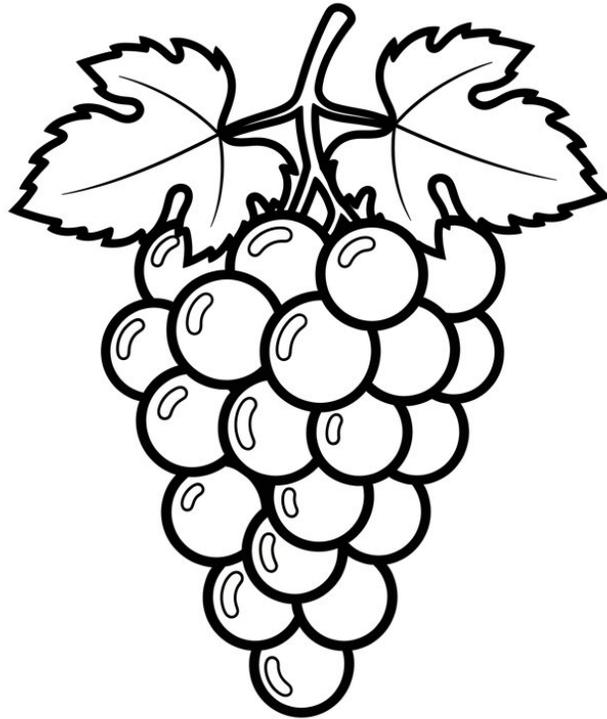
**Fresh corn is a starchy vegetable
packed with fiber and natural
sweetness.**



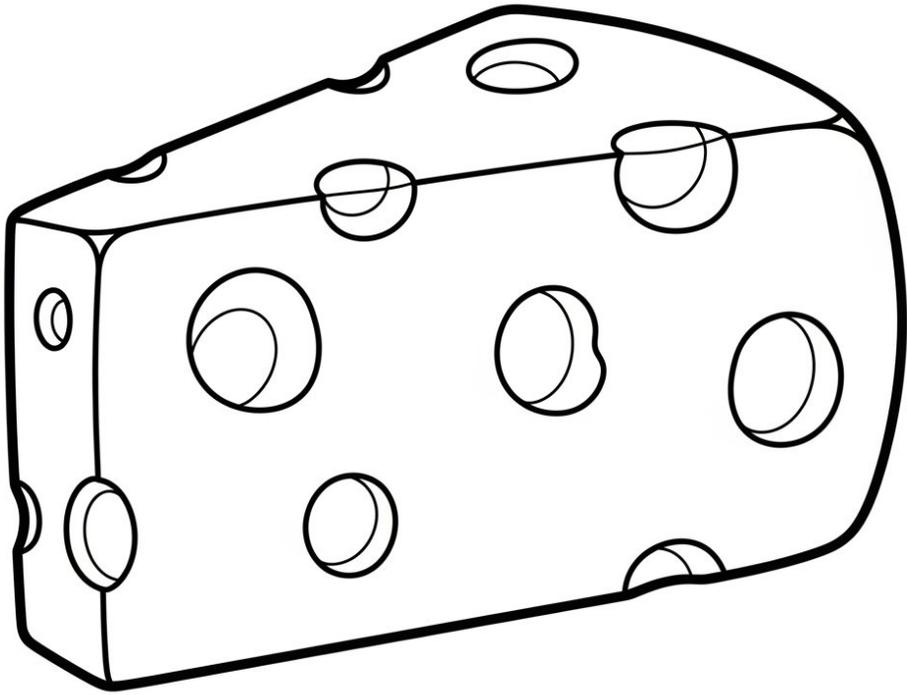
Strawberries are a fruit, each tiny dot on the outside is a real seed!



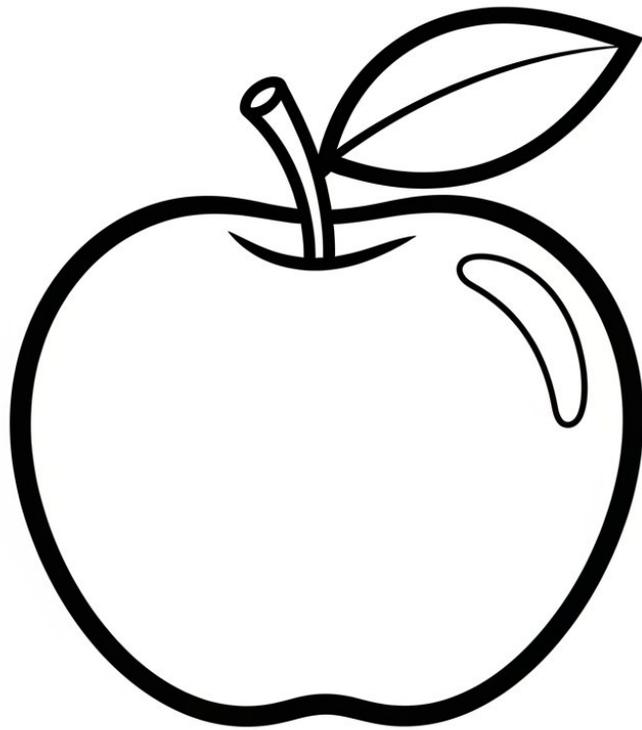
Avocados are used like vegetables in meals, even though they're botanically a fruit.



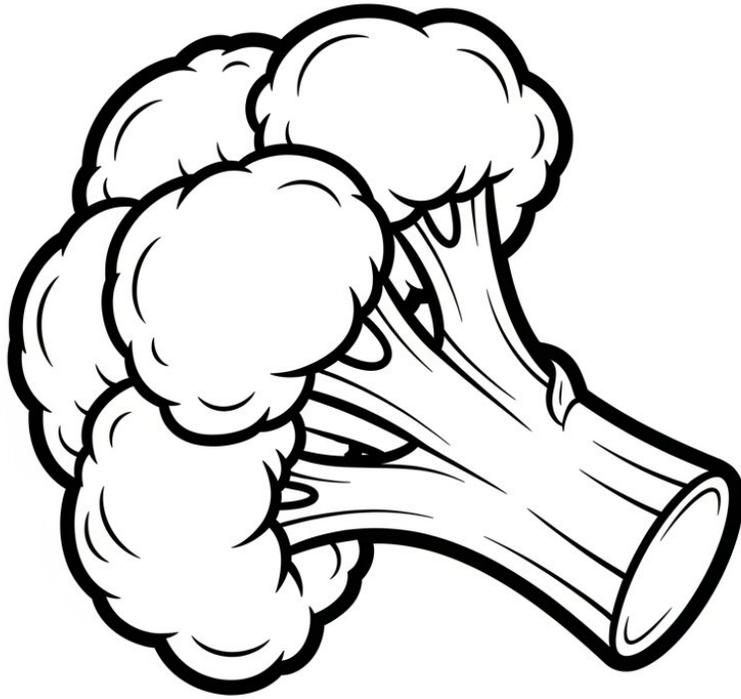
Grapes are a fruit that grow in clusters and make a great snack any time of day.



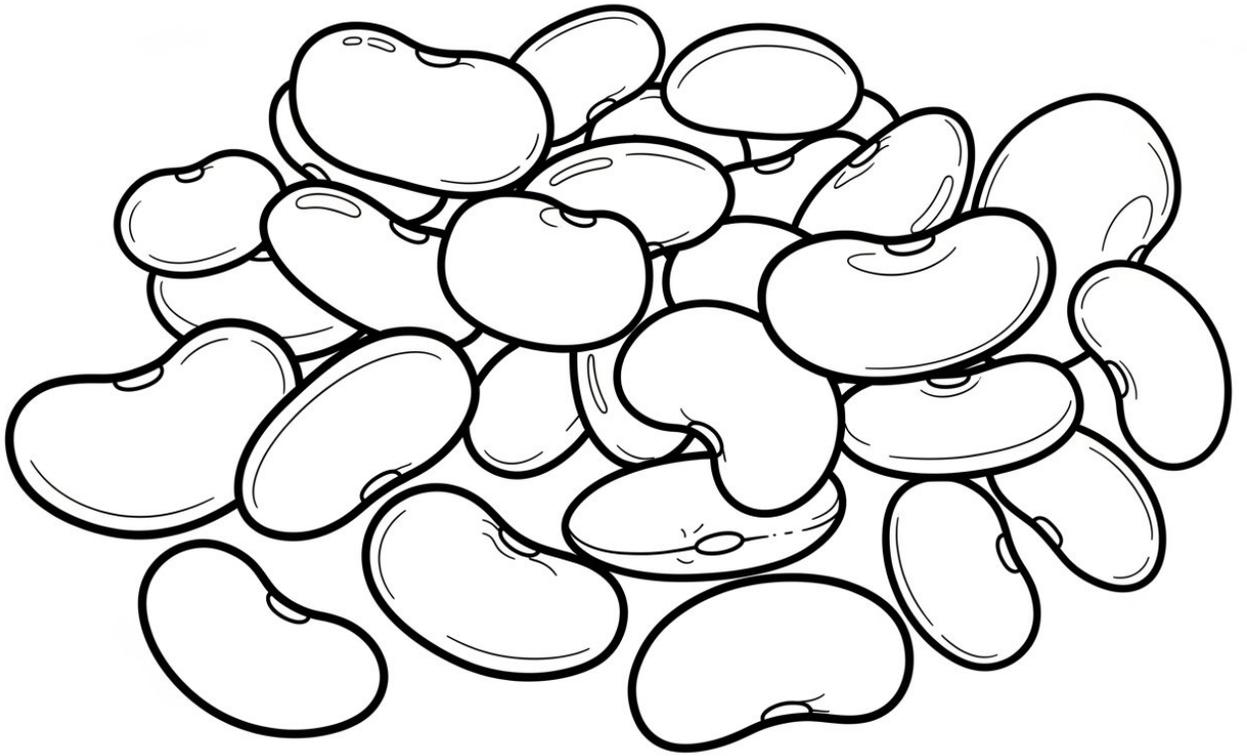
Cheese is a dairy food made from milk and is a great source of calcium.



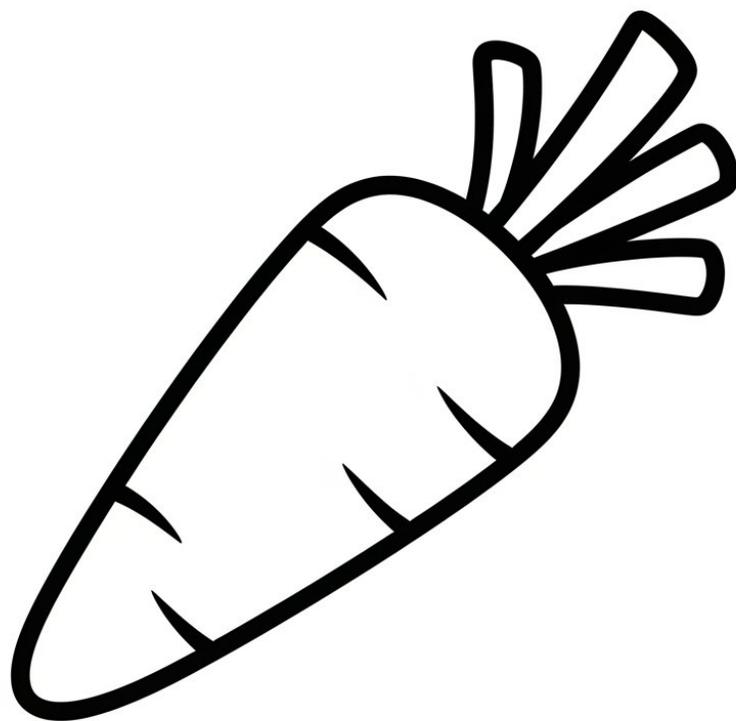
Apples are a fruit that come in dozens of varieties: red, green, and everything in between.



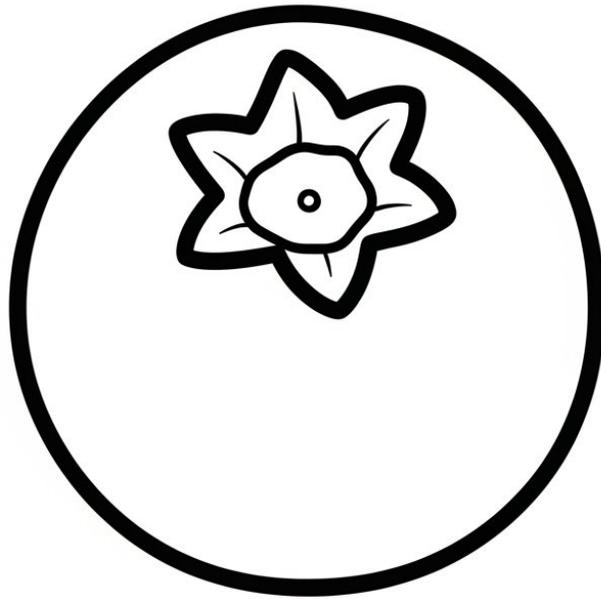
Broccoli is a vegetable, and the part we eat is actually the flower of the plant!



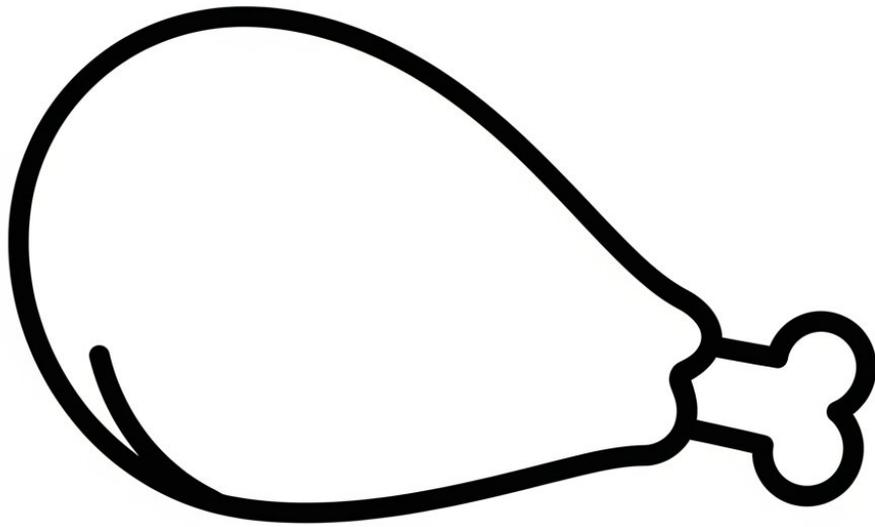
Beans are legumes: a plant-based protein that also counts as a vegetable.



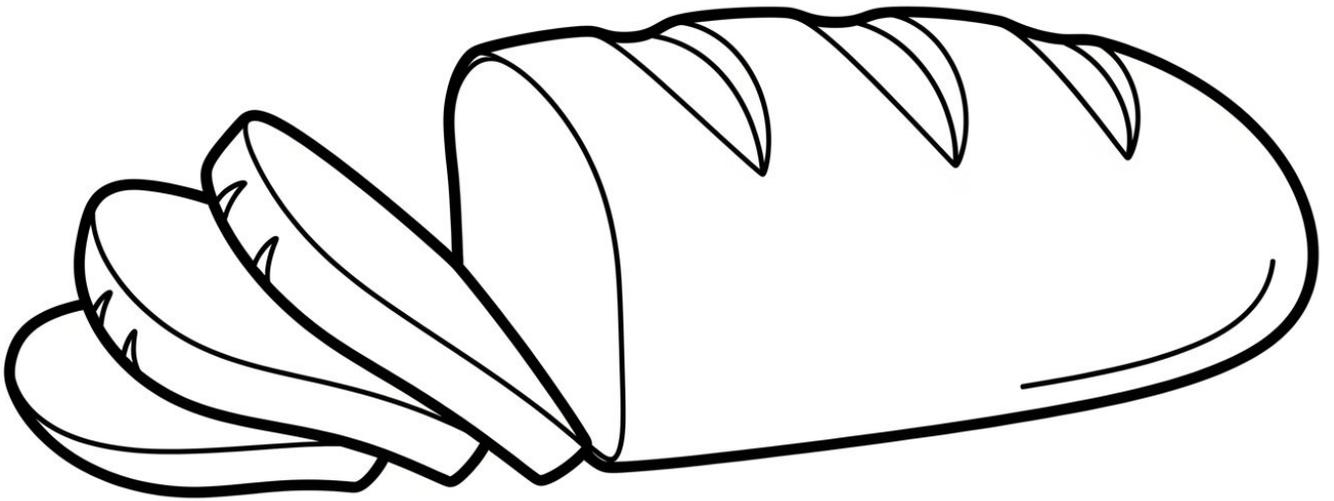
Carrots are root vegetables that grow underground and get their orange color from beta-carotene.



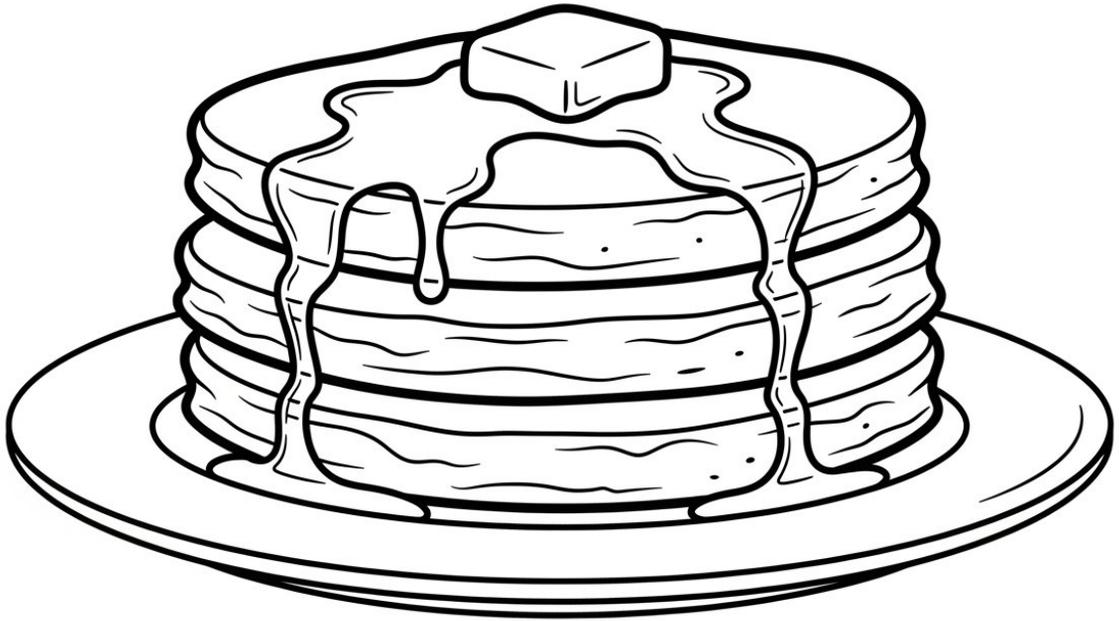
Blueberries are a fruit that develop from a flower and contain tiny seeds inside.



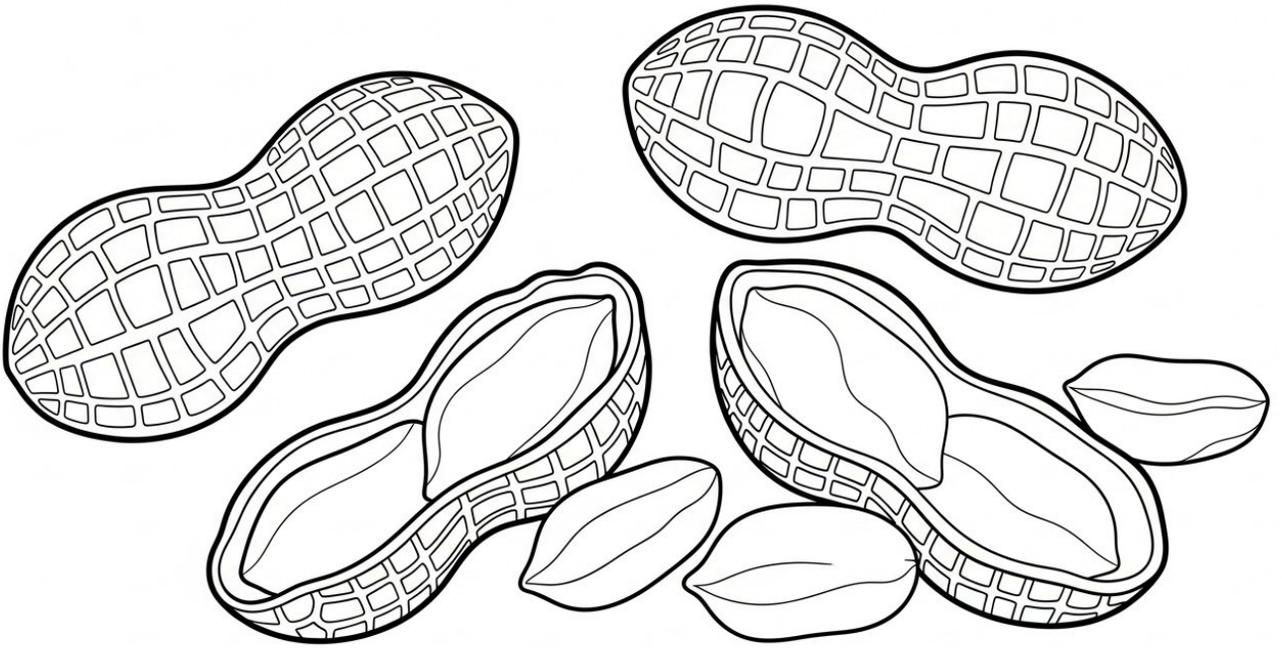
Chicken is a lean protein that helps your body build and repair muscles.



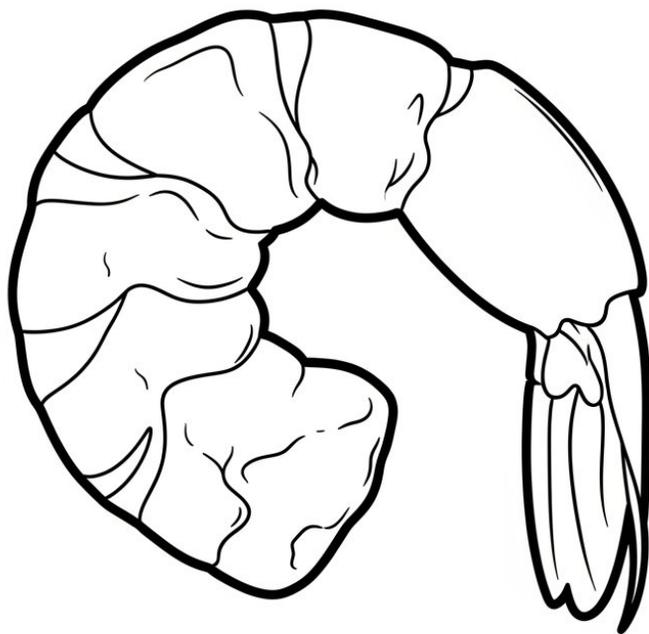
**Bread belongs in the grains group.
Whole wheat has more fiber and
nutrients.**



Pancakes are a grain food. Whole grain versions give you more lasting energy.



Peanuts look like nuts but are actually legumes, making them a plant-based protein.



Shrimp is a seafood in the Protein group—it's lean, low in fat, and high in protein.