

Please bring one item from each of the following categories to the zoom session on Tuesday, December 15th at 4:00pm. Participants will share the items that they found in their kitchen and will earn points based on the items that they share.

Please do not go out to the grocery store and buy items for this session. Instead, look for items that are already in your kitchen. If you need help finding an item for each category, ask a parent or a caregiver.

Categories:

(please bring one item from each of the 7 categories – that's 7 items)

1. Fresh fruit or vegetable
2. Whole grain item
3. Low sodium item
4. Bean product
5. Healthy snack item
6. Healthy beverage
7. A plant protein