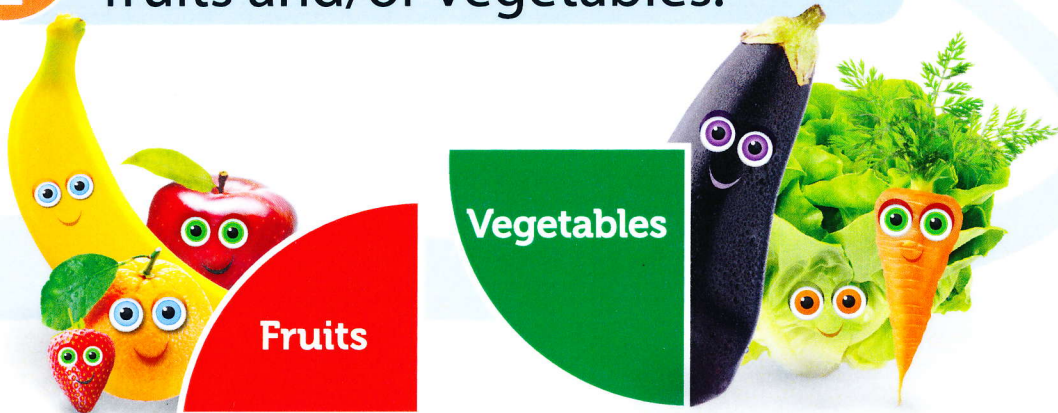
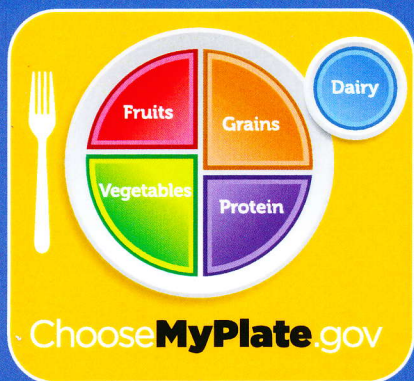
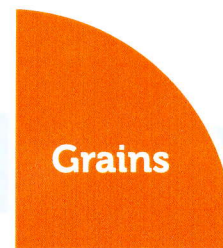
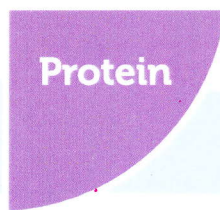


Pick 3!

1 Choose at least $\frac{1}{2}$ **cup** of fruits and/or vegetables.



2 Choose at least **2 more** food groups!



= **1 Great Plate!**