

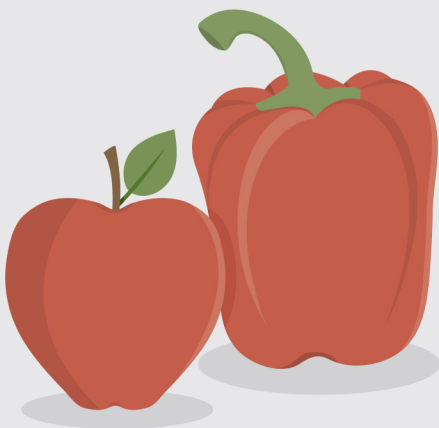


# GROW THE RAINBOW!

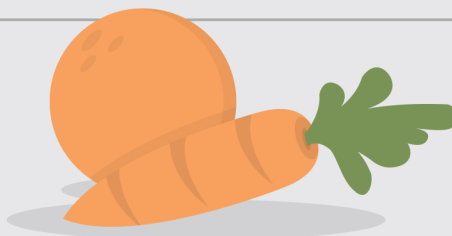
**EATING COLORFUL CAN HELP YOUR BODY BE HEALTHY AND STRONG.**  
WHOLE FOODS SUCH AS FRESH FRUITS AND VEGGIES PROVIDE VITAMINS, MINERALS AND FIBER THAT OUR BODIES NEED!\*

## RAINBOW COLORED FRUITS & VEGGIES

CAN DO WONDERS FOR YOUR BODY!



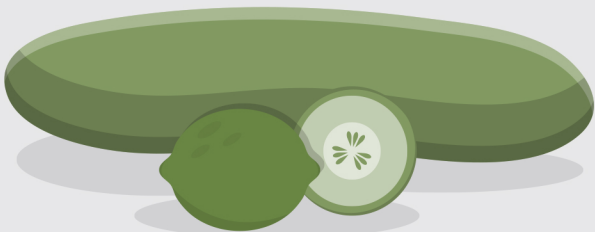
**RED FRUITS AND VEGGIES**  
HELP TO KEEP YOUR HEART STRONG!



**ORANGE FRUITS AND VEGGIES**  
HELP YOU TO HAVE GOOD VISION!



**YELLOW FRUITS AND VEGGIES**  
HELP YOU TO BE ABLE TO FIGHT GERMS!



**GREEN FRUITS AND VEGGIES**  
HELP MAKE YOUR BONES AND TEETH STRONG!



**BLUE & PURPLE FRUITS AND VEGGIES**  
HELP YOUR MEMORY!

**BUT HOW CAN  
YOU GROW  
THE RAINBOW?**

CONTAINER GARDENS MAKE IT EASY TO GROW IN ANY SETTING!\*\*

### BUT WHERE DO YOU START?



SELECT LOCATION



SELECT CONTAINER



SELECT YOUR PLANTS



PREPARE SOIL



PLANT YOUR GARDEN

EAT A RAINBOW! A DIET THAT INCLUDES COLORFUL FRUITS AND VEGGIES DELIVERS VITAMINS, MINERALS, ANTIOXIDANTS, AND FIBER!

\* <https://www.choosemyplate.gov/vegetables-nutrients-health>

\*\* <https://www.kidsgardening.org/gardening-basics-grow-a-rainbow/>

