PERFECT PAIRINGS FOR KIDS & YOU



Suggested Age: 1 YEAR





whole milk yogurt whole grain cereal

Suggested Age: 2-5 YEARS



spinach



low fat yogurt



mango

Suggested Age: 5+ YEARS



whole grain bread



mozzarella

-: add basil and make a sandwich



tomatoes

- dip banana in yogurt, roll in whole grain cereal, freeze





cheese



tomatoes

low fat milk



 $-\dot{\Omega}$ blend as a smoothie

strawberries

add cinnamon and nutmeg to make horchata



brown rice



avocado



low fat yogurt

add favorite herbs and make a dip

make a wrap, serve with homemade salsa





-∭- make an omelette



blueberries

chickpeas



whole milk yogurt



cheese



apple



whole grain bread



whole grain tortilla





cheese

make a puree



strawberries



-\(\hat{D}\)- make a "PBJ" parfait

peanut butter





low fat yogurt



 $-\dot{\Omega}$ mix together as a salad

- make as a grilled cheese

carrots



pineapple





make a kabob, serve with milk



low fat milk







pumpkin







avocado

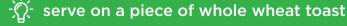




bell peppers



- make overnight oats, sprinkle with cinnamon





mix and top with favorite sauce

