

# HEALTHY EATING



**Enjoy a variety  
of foods**



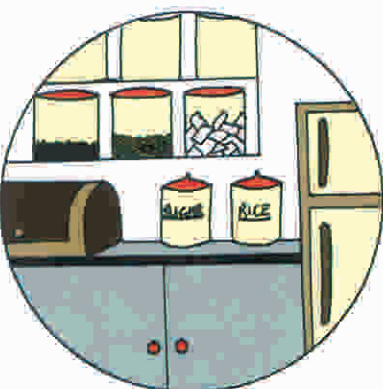
**Eat to meet your  
needs. Children have  
special food needs**



**Growing your own  
food, adds to the  
variety of food  
available**



**Physical activity  
contributes to health**



**Protect the quality  
and safety of your  
food**



**Clean water is  
essential for life**