

Choose Health: Color Your Plate!

With Fruits and Vegetables



We're making Breakfast Pizza!

- * Learn how to create a healthy plate with fruits and vegetables by making your own tasty and nutritious breakfast pizza
- * Program is recommended for students in grades 3-5
- * Thursday, April 25 at 4:30 p.m. in Imagination Station
- * Reserve your space by Friday, April 19 by calling Janet Sullivan at 804-733-2387 X6402



Funding for this program is provided by the Virginia Foundation for Healthy Youth, Healthy Community Action Team grant



The Family Nutrition Program contributes to the reduction of healthcare costs for 148,000 limited income Virginians by promoting healthy eating, active living, safe food handling, and thrifty food shopping.



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