

**real food
for real kids™**

fuelling healthy futures™



first love veggie scavenger hunt



Find your love for vegetables this February!
Follow along our checklist this month to learn how to identify veggies and
get excited about the different ways they can be enjoyed!

- Find a veggie that grows underground
- Try eating a veggie raw
- Include something leafy in your meal
- Enjoy a veggie that is **not** green
- Eat a new veggie you've not tried before
- Find a legume
- Try a vegetarian meal
- Enjoy a veggie from a vine
- Identify two different dishes containing
the same vegetable

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