

Happy Feet Kids Eating Tips
Learn from the Animals

Elephant: Remember to bring a water bottle to class. Stay hydrated.

Raccoon: Don't be robbed of vitamins and fiber. Eat lots of veggies.

Blue Jay: Make a racket about eating berries and fruits. They're full of vitamins, minerals, and fiber.

Little Red Hen: Peck away at whole-grains instead of enriched processed grains. Healthy energy for you!

Chipmunk: Fill your cheeks with peanuts, almonds, pecans, and walnuts. They're jam-packed with healthy fat.

Wolf: Devour meat, but watch your portion size. 4-6 ounces for supper is great. Rebuild your muscles.

Kitten: Lap low-fat milk or eat foods made with low-fat dairy: pudding, yogurt, and cheese.

Kangaroo: Pocket some trail mix when you are traveling long distances.

Squirrel: Dig a hole. Plant a fruit tree. When it grows, climb it! Plant a garden. Enjoy the harvest. Be green.

Brown Bear: Go fishing and eat your catch. Or go to the fish market and buy your supper.