

Color with Regie

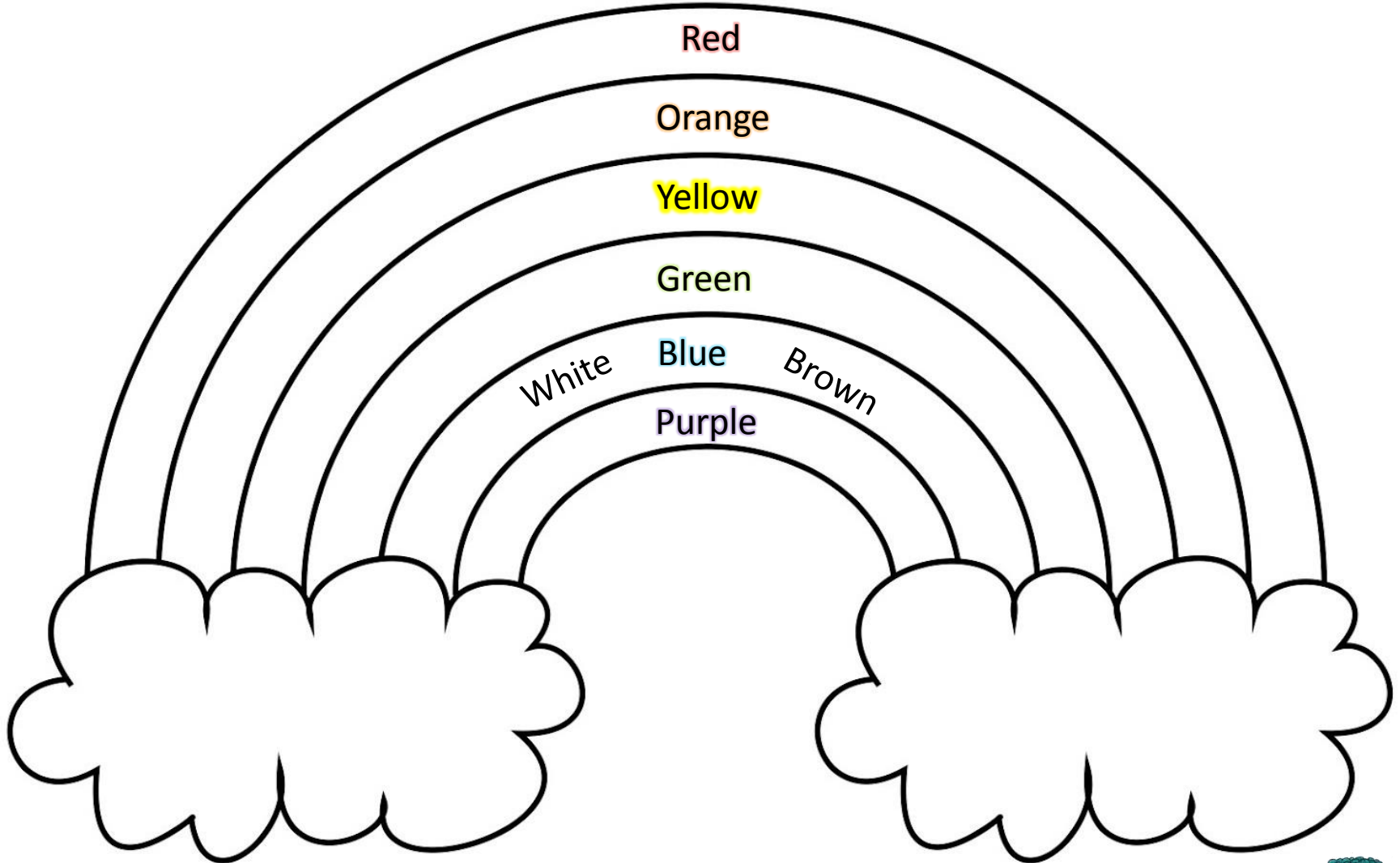
Eat a Rainbow!

Encourage your child to color in a stripe on the rainbow when he/she eats a fruit or vegetable of that color. For example, have your child color in the **orange** stripe if he/she eats **orange** squash. Remind your child that eating different colors of fruits and vegetables is how **Regie** got so strong!

Encourage your child to

Eat a Rainbow

every day!



Eat your fruits and vegetables with me, Regie! Color in stripes that match the colors of foods you try!

