

# Choose to boost veggies and fruit.



## With every meal or snack.

Veggies and fruit are a great and natural way to help your kids hit their daily dose of essential vitamins, minerals and fibre. By giving children the option of vegetables and fruit at every meal and snack time, we can help them achieve their daily requirement of 5 servings a day! So, let's always make veggies and fruit an option whenever food is offered, to give them the boost they need.

