



fruits & veggies
**more
matters**[®]
fruitsandveggiesmorematters.org

I'm Stuck on Fruits & Veggies



Collect the PLU stickers from each piece of fruit
or veggie you eat at home.

Place them on a space on this card.

(You can tape the sticker to the card, if needed.)

When your card is full,
give it to Mom and Dad for a special treat,
then begin another card!

Eat a colorful
variety of fruits
and veggies from
all 5 color groups
every day to stay
healthy and fit!
