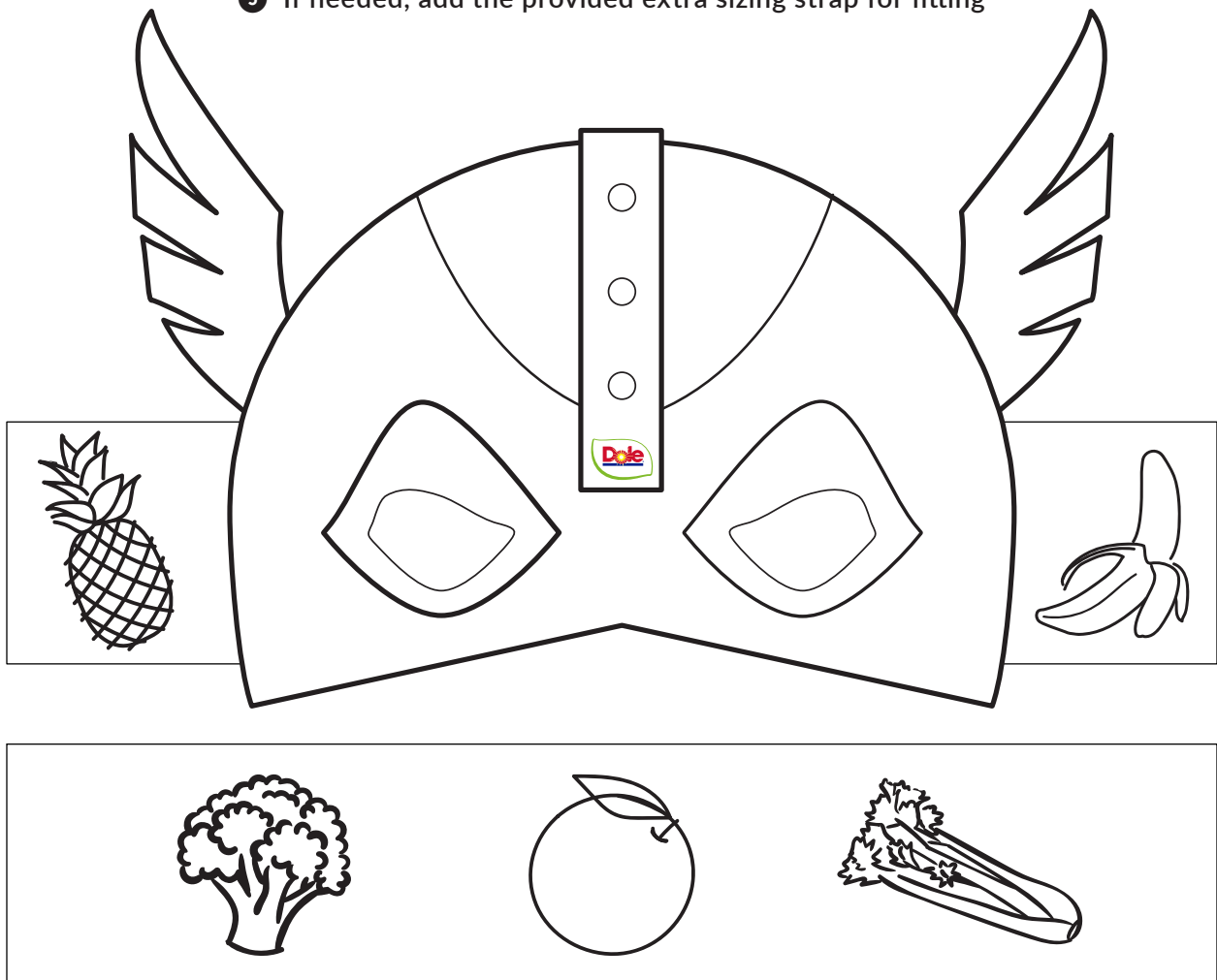




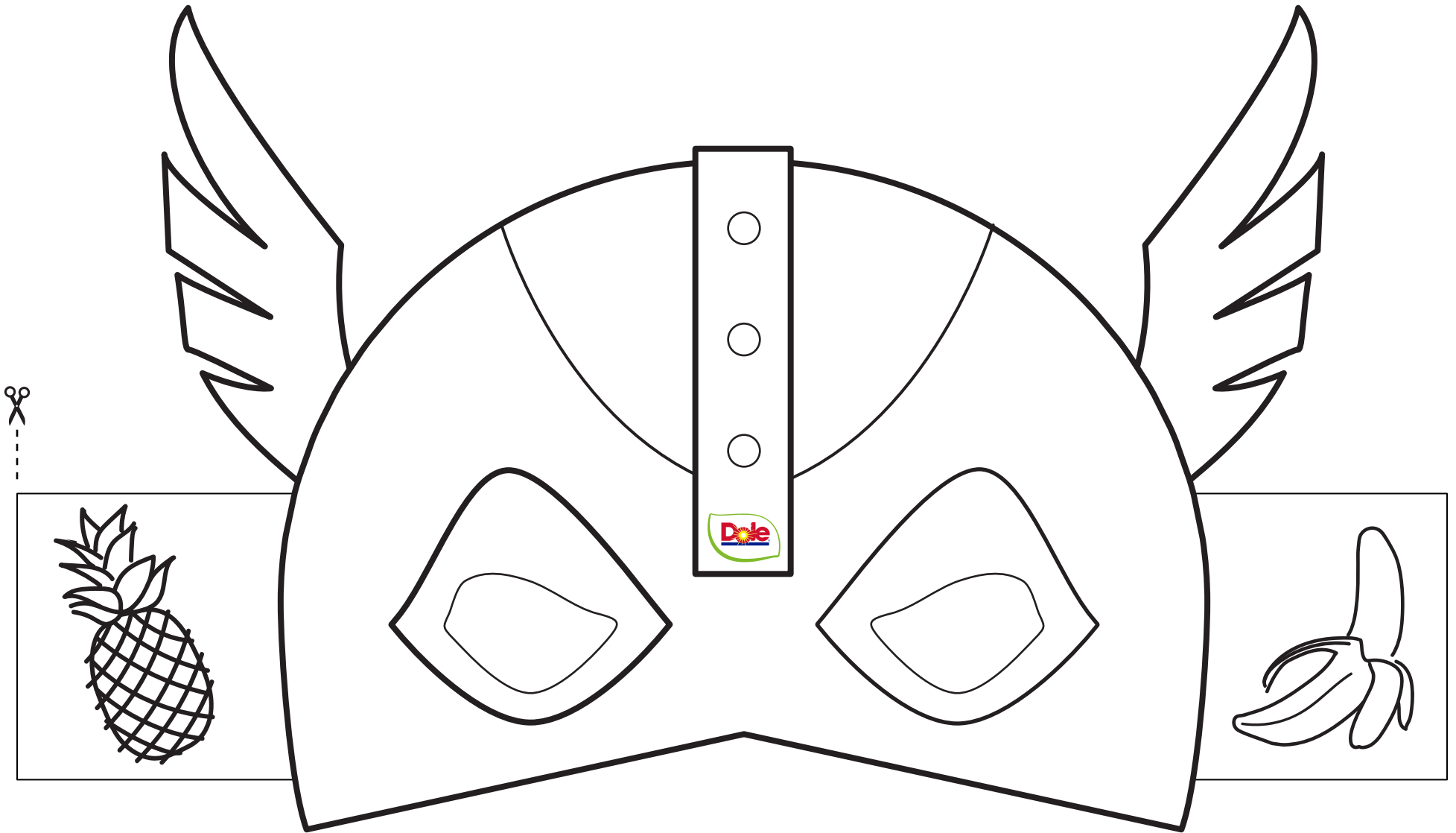
# CREATE YOUR OWN HERO: DOLE HEALTHY HERO MASK

With great fresh fruit and veggies comes great nutrition! Join our Dole Healthy Hero squad by creating your very own Dole Healthy Hero Mask. Just **print, color, cut and fit** to be ready to share your super powers within the kitchen and beyond!

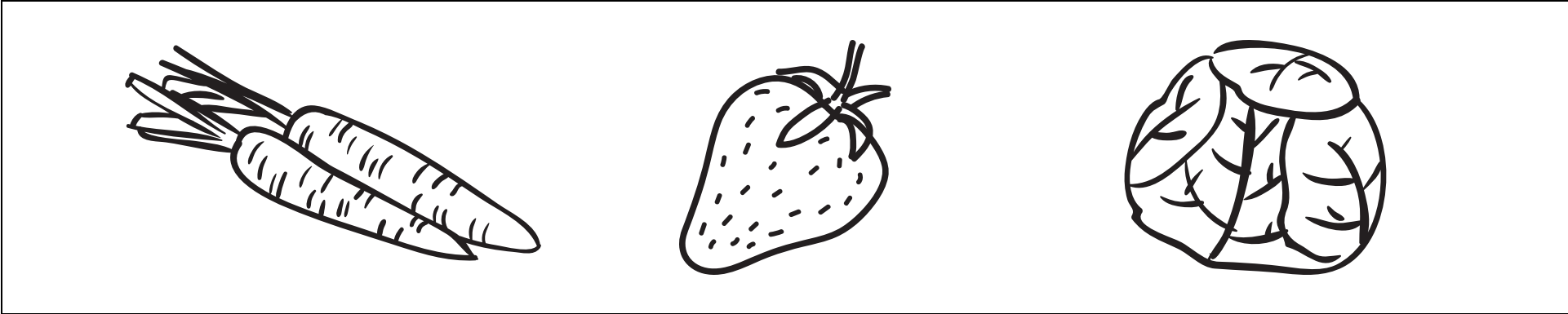
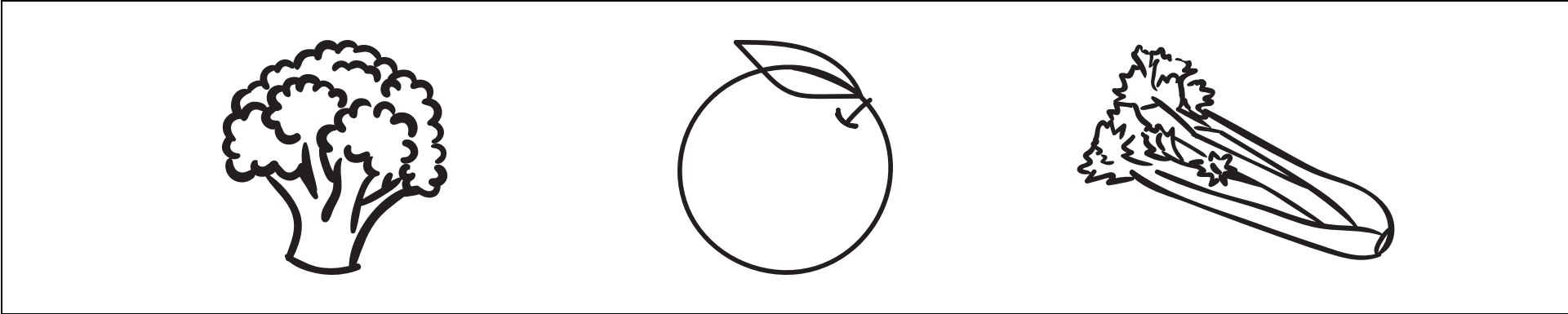
- 1 Print out the Dole Healthy Hero Mask
- 2 Color and decorate as desired
- 3 Cut out the Dole Healthy Hero Mask and sizing strap
- 4 Tape or staple the sizing strap to the hero mask and fit to your child's head
- 5 If needed, add the provided extra sizing strap for fitting



# DOLE HEALTHY HERO MASK



# DOLE HEALTHY HERO MASK SIZING STRAPS





# RECIPE INSPIRATION FROM DOLE

## Groot Root Fruit Juice

### INGREDIENTS:

- 2 DOLE® Oranges, peeled and coarsely chopped, plus additional for garnish (optional)
- 2 DOLE® Red Apples, peeled, cored and chopped
- 2 large DOLE® Carrots, scrubbed and chopped
- 2 cups chopped DOLE® Pineapple, plus wedges for garnish (optional)

### DIRECTIONS:

1. **Process** all ingredients through a juicer; serve immediately garnished with carrots and pineapple wedges, if desired. Makes about 2¾ cups.

### Chef Tip:

When juicing, all ingredients should be washed thoroughly. If no juicer is available, purée all ingredients in a blender on high until smooth; strain through a fine-mesh strainer lined with cheesecloth.

**Allergens:** N/A

