

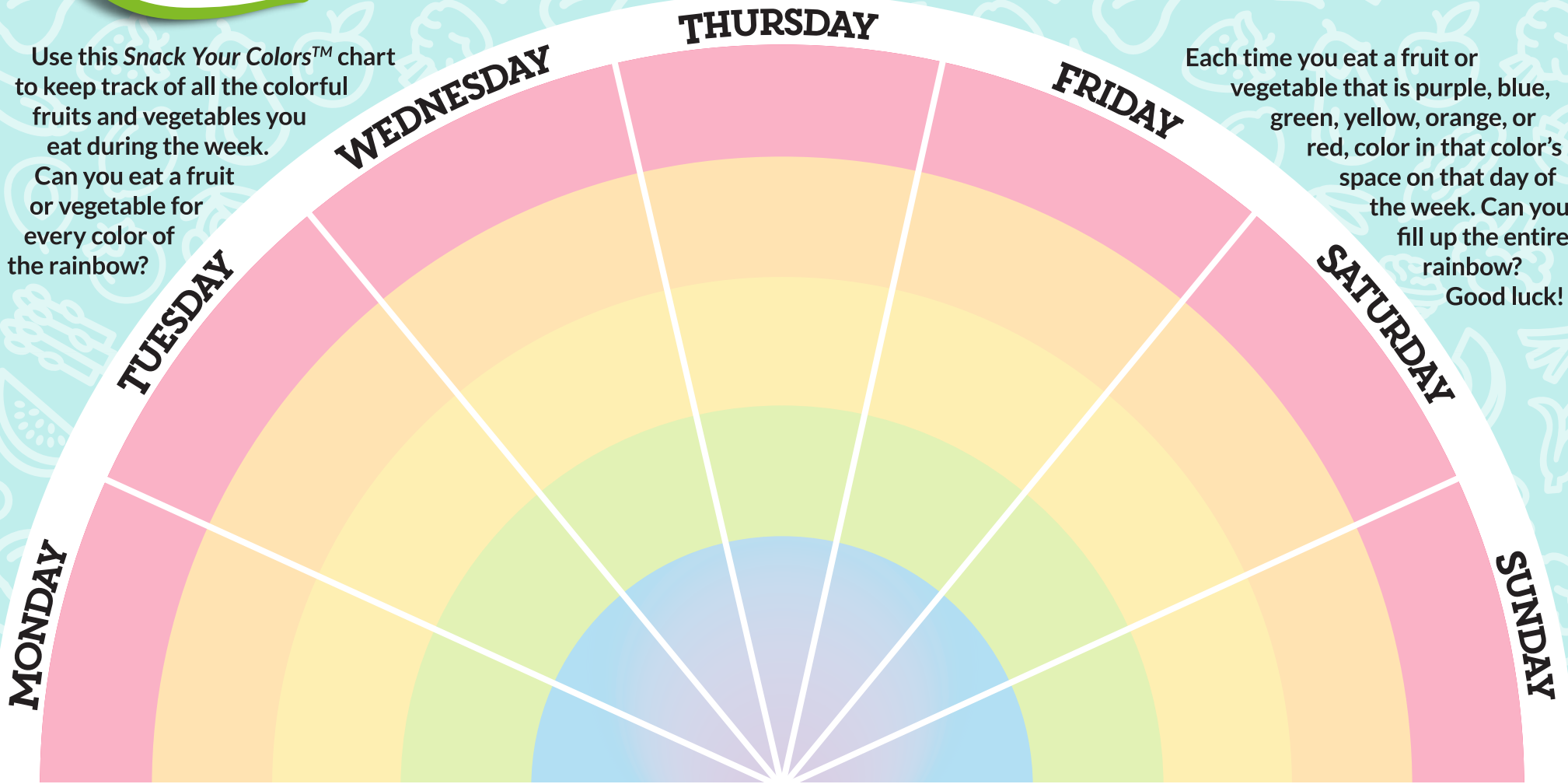


SNACK YOUR COLORS!™

Use this *Snack Your Colors™* chart to keep track of all the colorful fruits and vegetables you eat during the week.

Can you eat a fruit or vegetable for every color of the rainbow?

Each time you eat a fruit or vegetable that is purple, blue, green, yellow, orange, or red, color in that color's space on that day of the week. Can you fill up the entire rainbow? Good luck!



FUN FACTS!

- Banana peels make a great organic fertilizer
- The top of a pineapple is called the crown
- Celery can grow as tall as 3.3 feet

EXAMPLES!



FIND MORE FRUIT & VEGGIE FUN AT DOLE.COM!

Don't forget to share your chart progress with us on social media!



@Dole



@DoleTweets



@DolePins



@DolePics