



The Veggie Pledge



Parents: EXPLAIN to your Kids the importance of eating vegetables. Let them KNOW that their Favorite Sports and cartoon Heroes became Heroic by eating ALL their vegetables. Get the Family together, gather around, and Make this Pledge:

The _____ Family, do SOLEMNLY Pledge to eat the recommended daily allowance of vegetables each and every day!!

Healthy
Fit
Families
Seal of
Approval