



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE™ | **CHALLENGE**™



It's so important to eat fruits and veggies of different colors! Go to the grocery store with your family and find a new fruit or veggie of each color that you'd all like to try to snack on during Kids Heart Challenge.

Draw and color that fruit or veggie into each snack bowl so your family has a plan for healthy snacking!

Fill up your snack bowls with colorful fruits and veggies daily to keep your heart and brain healthy!

RAINBOW SNACK BOWLS

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE



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Life's Essential 8™

→ **for kids**