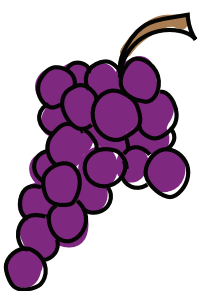
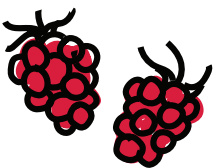
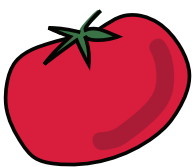
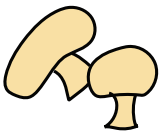
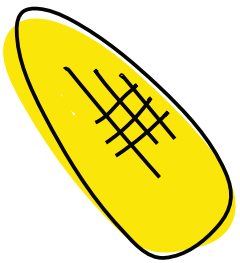
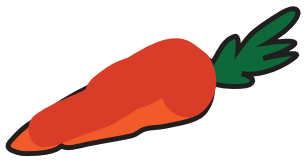


Choose to Boost Veggies and Fruit.

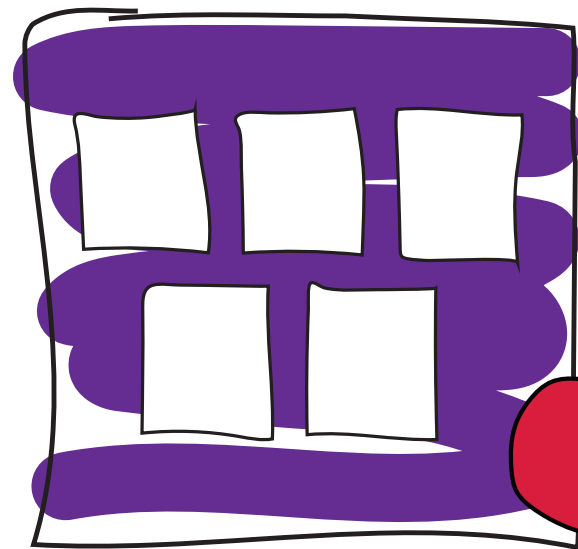


FOOD GROUPS	ONTARIO AVAILABILITY											
	J	F	M	A	M	J	J	A	S	O	N	D
VEGETABLES												
Artichoke								•	•	•		
Asparagus					•	•						
Bok Choy						•	•	•	•	•	•	
Broccoli						•	•	•	•	•		
Carrots	•	•	•	•	•		•	•	•	•	•	•
Cauliflower						•	•	•	•	•	•	
Corn							•	•	•	•		
Cucumbers												
Field						•	•	•	•	•		
Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
Lettuce												
Assorted						•	•	•	•	•		
Greenhouse	•	•	•	•	•	•	•	•	•	•	•	•
Mushrooms	•	•	•	•	•	•	•	•	•	•	•	•
Onions	•	•	•	•	•	•	•	•	•	•	•	•
Potatoes	•	•	•				•	•	•	•	•	•
Rutabaga	•	•	•	•	•	•	•	•	•	•	•	•
Tomatoes												
Field							•	•	•	•		
Greenhouse			•	•	•	•	•	•	•	•	•	•
FRUITS	J	F	M	A	M	J	J	A	S	O	N	D
Apples	•	•	•	•	•	•		•	•	•	•	•
Blueberries							•	•	•			
Cherries						•	•					
Grapes								•	•			
Nectarines								•	•			
Peaches							•	•	•			
Pears								•	•	•	•	•
Plums							•	•	•	•		
Raspberries							•	•	•			
Rhubarb	•	•	•	•	•	•						
Strawberries						•	•					
Watermelon							•	•	•			

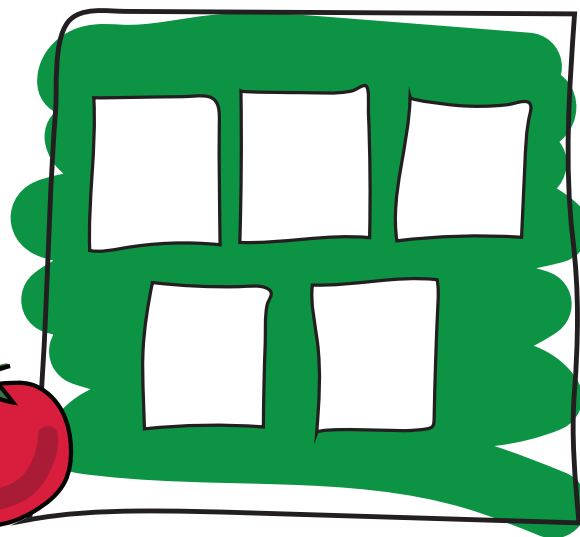
Choose to Boost Veggies and Fruit.

Eat Veggies and Fruit Every Day.

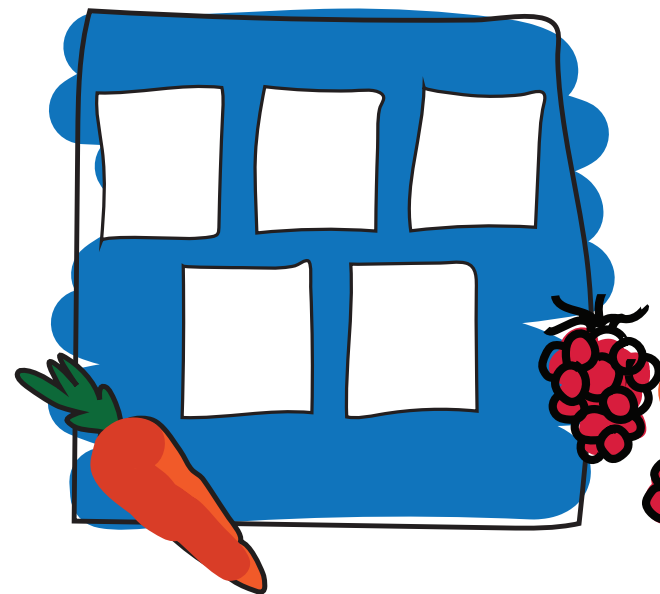
MONDAY



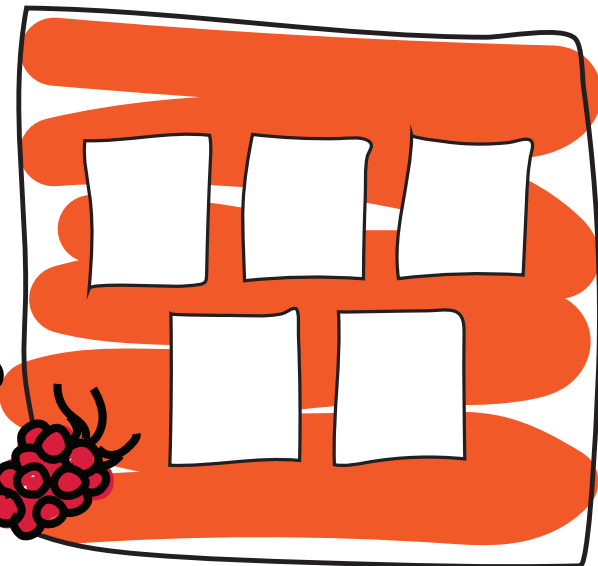
TUESDAY



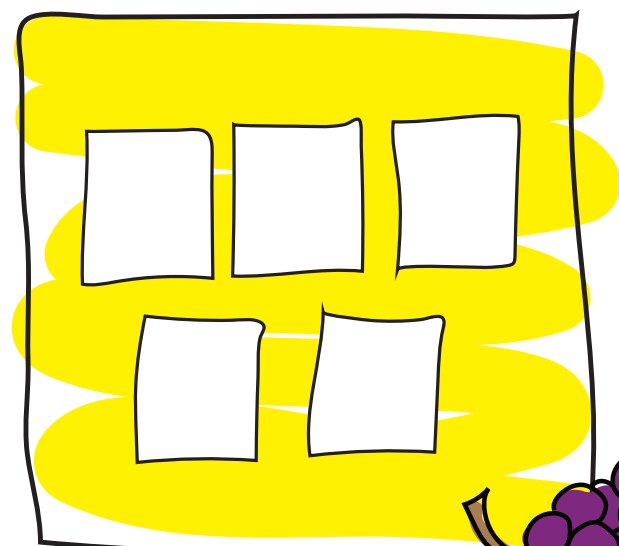
WEDNESDAY



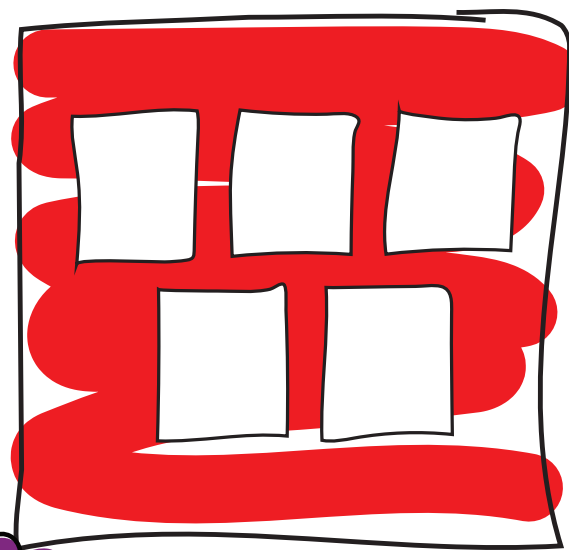
THURSDAY



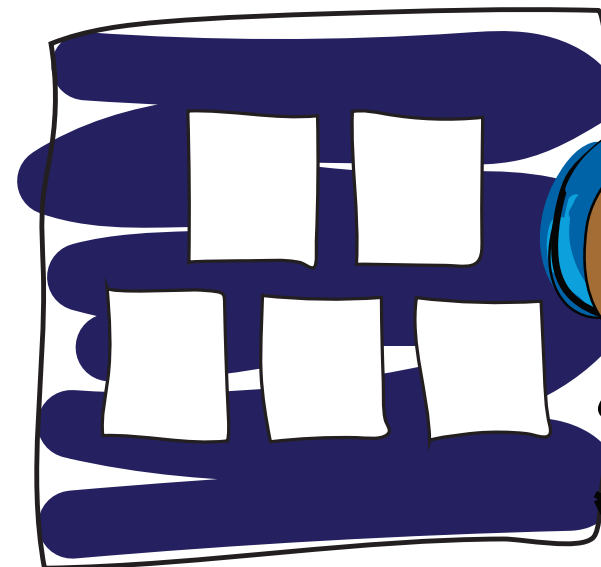
FRIDAY



SATURDAY



SUNDAY



Make a check in the box each time you eat vegetables and fruit at every meal and snack.