Color Your Cart Table Tents

Use these tips taken from the US Highbush Blueberry Council’s Color Your Cart media segment guide to take education a step further and promote interest and dialogue with consumers.
TIP:
To get your kids to learn to love fruits and vegetables, set a good example! Spend snack and mealtimes together, & include a wide range of colorful foods in your own diet.

TIP:
Colorful fruits and vegetables are filled with fiber. This can help you feel fuller longer, which may help you keep your weight in check – so think of your plate as a canvas and choose as many hues as you can!

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**TIP:**
Fill half your plate with fruits and vegetables at every meal and snack. **Color** your plate by coloring your cart with vibrant vegetables and fruits, like blueberries.

**TIP:**
Dinner is the perfect meal to pack in **colorful** fruits and veggies for the whole family, and the more you serve, the more they are likely to eat.

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