

# LET'S GET GROWING

Better  
**BITES**  
MORE NUTRITION IN EVERY BITE!





# Better BITES

**MORE NUTRITION IN EVERY BITE!**

Whole Kids Foundation helps kids learn to love fresh, nutritious, whole foods. Our approach connects kids with food, sparks their curiosity and inspires them to make healthier choices. Given the right opportunities like planting a seed, helping in the kitchen and trying new foods, kids will get excited about fresh vegetables, fruits, whole grains and other wholesome foods.

We believe that small changes at mealtime can add up to lifelong healthy eating habits. If you're wondering where to start, we've made it easier with three simple guidelines that work for kids, and really, anyone.

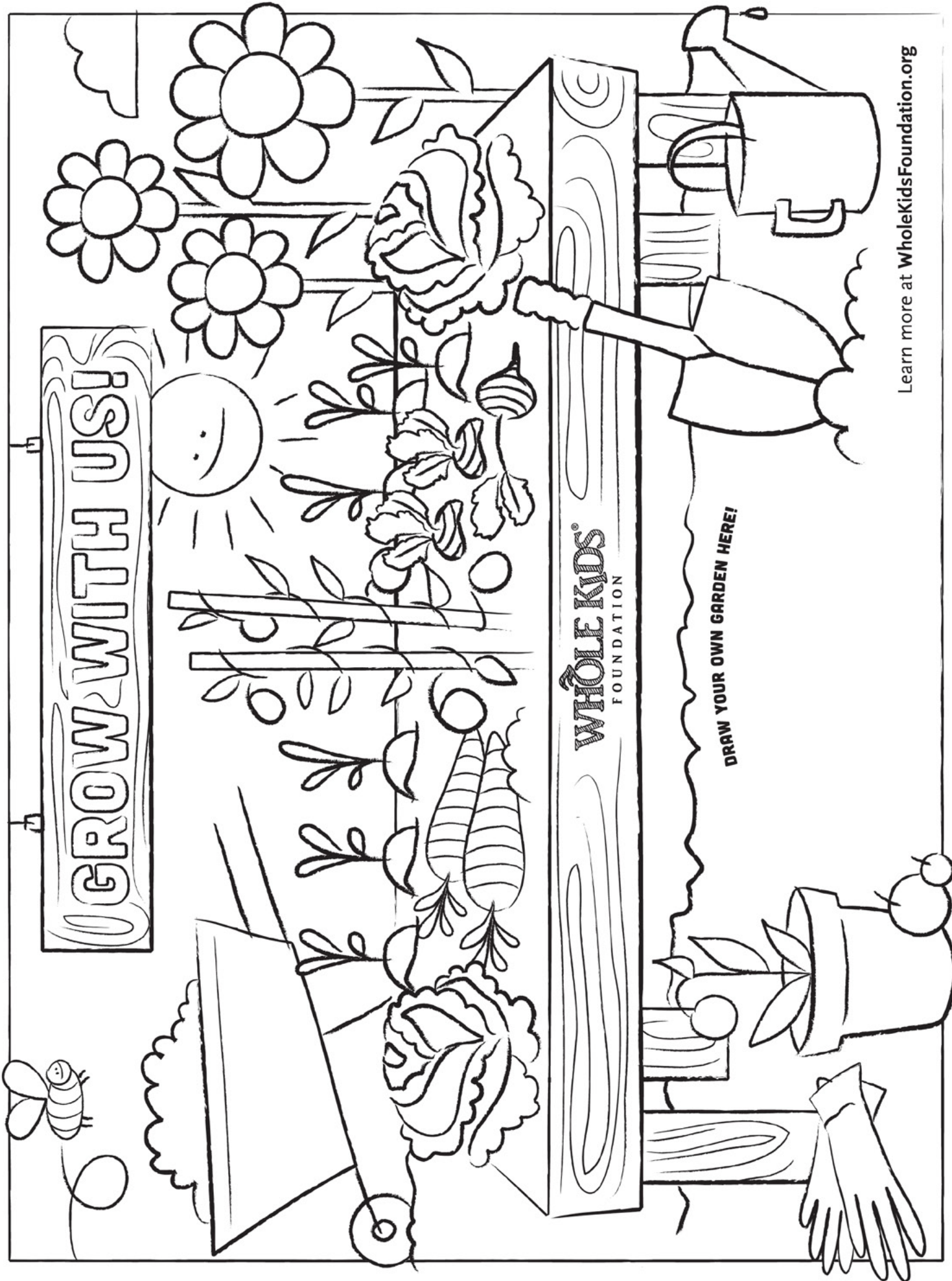
**EAT A RAINBOW OF COLORS**

**EAT LEAFY GREENS FIRST**

**EAT AS CLOSE TO NATURE AS POSSIBLE**

Now, let's get growing! Dig in for activities, recipes and tips that will help plant the seeds of healthy change.

Learn more at [wholekidsfoundation.org](http://wholekidsfoundation.org)



# EAT A RAINBOW!

Why are there so many songs about rainbows? Because they're amazing and beautiful—not just in the sky, but also on the dining table! "Eating a rainbow" helps your body get a complete range of nutrients.



## WHAT DOES IT MEAN TO EAT A RAINBOW?

- Choosing a variety of different-colored **whole foods** throughout the day and week.
- The more **naturally occurring colors** on your plate at each meal or snack, the better.
- It *does not* mean making a rainbow with artificially colored foods (gummy snacks, soda, popsicles, etc.)

## WHAT'S UNDER THE RAINBOW?

Color	Foods	Possible Nutrients	Supports
<b>Red</b>	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon	flavonoids, lycopene, vitamin C, folate	heart health, memory
<b>Orange/ Yellow</b>	cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, yellow peppers	beta-carotene, vitamin A, vitamin C	healthy eyes, heart health, immune function
<b>Green</b>	asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach	chlorophyll, vitamin K, carotenoids, isothiocyanates, omega-3 fatty acids	healthy bones, teeth and eyes
<b>Blue/ Purple</b>	dark beans, eggplant, beets, blueberries, blackberries, figs	anthocyanin	memory and healthy aging
<b>White</b>	ginger, jicama, onions, mushrooms	flavonoids	heart health and good cholesterol levels

## THE NUTRITION RAINBOW CONNECTION

Fruits and vegetables get their color from naturally occurring micronutrients—such as vitamins and phytonutrients—which are essential for good health. One key function of these nutrients is **antioxidants**, which include beta-carotene, lutein, lycopene, and vitamins A, C and E. (Not all antioxidants impart color, but eating a colorful range of foods helps you get them all.)



## THE RAINBOW DINNER GAME

### Step 1

Before dinner, draw a rainbow on a sheet of paper. Bring your drawing, a pencil and some scratch paper to the dining table.

### Step 2

Look for a food on the table to match each color on your rainbow. Write down which colors are missing.

### Step 3

Make a list of foods that would fill in the missing colors. Then add these to the weekly shopping list.

### Bonus

Take your rainbow to school and play this game at lunch with at least 3 friends!



## NEXT STEPS:

### The Other Side of the Rainbow

Keep food rainbows in the forecast and sustain the kid excitement with these activities:

- **Gradually transition to filling at least half your plate** with colorful veggies at each meal.
- **Pick a color theme of the week.** Get as many fruits and veggies of that color as you can find, then let the whole family taste them all. Add favorites to your regular shopping list.
- **Keep a rainbow diary or calendar.** Let kids write down which colors they eat each day over a period of a week or month and then look back and talk about favorites. Use stickers to make it fun or download the "Today I Tried" Chart at [www.todayiatearainbow.com/resources/free-downloads/](http://www.todayiatearainbow.com/resources/free-downloads/).
- **Plant colorful vegetables in the yard** so kids can see the rainbow grow from seeds.

## TIPS FOR PARENTS

Bring more rainbows to your table with these colorful ideas:

- Put at least **one produce item of each color on the shopping list** every week.
- **Buy what's in season** to enjoy peak flavor and lower prices.
- **Serve produce at peak ripeness.** Some kids reject foods that are under or over ripe. Learn how to pick 'em with the Whole Foods Market® online fruit and vegetable guides [www.wholefoodsmarket.com/recipes/food-guides](http://www.wholefoodsmarket.com/recipes/food-guides).
- **Rinse fresh fruits and veggies as soon as you get home** so they're ready for kids to grab and eat. Store them within kid reach.
- **Serve up food pictures or sculptures.** Arrange raw fruit and veggie rainbows on plates, thread them onto skewers, or use toothpicks to stick chunks together and create pyramids, faces or funny characters.
- **Let kids play with their food (just a little).** Allowing them to build their own food rainbows and sculptures may inspire children to eat them.
- **Serve a weekly rainbow dinner** with every color represented at one meal.
- **Put a rainbow of foods in their lunch box.** They'll love showing it off and may encourage classmates to eat more colors, too!
- **Serve fresh fruit as dessert.** If your child is used to a lot of sweets, sprinkle on some granola, a drizzle of honey or vanilla yogurt, then over a few weeks transition to just fruit.

## QUICK & EASY RECIPES

### BREAKFAST

#### Rainbow Fruit Skewers with Yogurt Dip

**1. Choose your favorite fruits (berries, pineapple, kiwi, apples, oranges, etc.)** and cut them into equal-size chunks. **2. Thread them onto wooden skewers.** **3. Dip 'em into nonfat vanilla yogurt or a mix of ½ cup nonfat plain yogurt with 1 teaspoon honey.**

### LUNCH / SNACK

#### Eggplant Chips

*1 medium eggplant, washed*      *spices (optional)*  
*and sliced into 1/8" thick rounds*      *olive oil*  
*sea salt*

**1.** Preheat oven to 400 degrees. **2. Arrange eggplant rounds in a single layer on a large metal baking sheet.** **3. Brush both sides of the eggplant lightly with olive oil.** **4. Sprinkle with salt and any other spices you like.** **5.** Bake for 15 minutes, then check for doneness. When eggplant starts to brown on the top, flip it over and brown the other side for another 10–15 minutes. Chips should be crisp and very brown when done. Tip: Try them with hummus dip!

Let kids help with the simple steps in **BOLD!**

### DINNER

#### Rainbow Chili

<i>1 zucchini, sliced</i>	<i>1 can black beans</i>
<i>1 yellow squash, sliced</i>	<i>1 can chili beans</i>
<i>1 red bell pepper, diced</i>	<i>1 can whole kernel corn</i>
<i>1 jalapeño pepper, minced (optional)</i>	<i>1 tablespoon olive oil</i>
<i>1 onion, diced</i>	<i>1 tablespoon chili powder</i>
<i>4 garlic cloves, minced</i>	<i>½ teaspoon dried oregano</i>
<i>1 can crushed tomatoes with liquid</i>	<i>¼ teaspoon cayenne pepper</i>
<i>1 can tomato paste</i>	<i>½ teaspoon ground black pepper</i>

**1.** Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, bell pepper, jalapeño, onions and garlic. Sauté until tender (about 5 minutes). **2. Add canned ingredients and reduce heat to a simmer.** **3. Stir in spices and simmer 45–60 minutes, stirring occasionally, until chili reaches desired consistency.**

Source: [www.todayiatearainbow.com](http://www.todayiatearainbow.com)



# EAT GREENS FIRST!

Score more nutrition points at every meal!

It's easy when you eat the green stuff on your plate first. Is it really that easy? Yes! (Generations of nagging moms can't be wrong.)



**WHY GO GREEN?** Green vegetables—especially dark, leafy greens like kale, collards and spinach—are **nutrient-dense** foods, which means each serving is low in calories while also serving as a rich source of vitamins and minerals for your body. Other nutrient-dense green veggies include:



Kale



Collards



Spinach



Bok Choy



Brussels Sprouts



Swiss Chard



Arugula



Watercress

**TIP!**

## EAT A SALAD EVERY DAY!

- This is a super easy way to **eat greens first** and **eat a rainbow** of fruits and veggies, which helps you cover all the nutrition bases (Read *Better Bites: Eat a Rainbow* for more info.)
- Salads are **affordable**, especially when you use **what's in season** and **what's on sale**.
- **No cooking and no recipe needed!** Salads are **never boring** because you can invent endless variations and customize them to suit individual tastes.

## GO A STEP FURTHER

Learn to love leafy greens!



- **Start with milder, sweeter greens** like spinach or bok choy, or if you like peppery flavors, try arugula and watercress. Then move on to kale, collards and brussels sprouts.
- **Dress up raw or cooked greens** with fresh herbs, garlic, a squeeze of lemon, hot sauce, spicy peppers, vinegar, fruits or other bold, bright, acidic and sweet flavors that balance the slight bitterness of greens.
- **Start with baby bites.** Because greens are nutrient dense, every bite brings benefits, so just eat as much as you can while developing a taste for them.
- **Don't give up!** If green veggies have never been part of your routine, it may take time to get used to them. In as little as 30 days your taste buds will change and you'll actually start to crave them.

## TIPS FOR PARENTS

Get the green light for greens by sneaking them in gradually.

- **Serve leafy greens at breakfast** to ensure everyone gets some. Add them to scrambled eggs or fruit smoothies (Read *Better Bites: Smoothie Solutions* for ideas.)
- **Set up a salad bar at home.** Kids love choosing and assembling their own colorful salads (This approach works to get kids to eat more veggies at school, too!)
- **Use dark, leafy greens in place of iceberg lettuce** on sandwiches or burgers and in recipes.
- **Use large, green leaves in place of tortillas** as a wrap for tacos or other fillings.
- **Add greens to a favorite family recipe.** Toss shredded leafy greens into pasta sauces, casseroles, soups and stews, or purée them before adding so they'll go unnoticed.
- **Blend leafy greens into dips** like hummus or salsa.
- **Hide them in baked goods,** such as muffins and quick breads, or even brownies!

## HANDS-ON ACTIVITY Taste Bud Experiment

**How do you perceive different tastes?** Each person perceives the four basic tastes—bitter, sweet, salty and sour—differently through taste receptors, a.k.a. taste buds, on the tongue. Leafy greens tend to have a bitter flavor, so some people enjoy them more when the flavor is balanced by eating something else sweet or sour at the same time.

**STEP 1, Experiment Setup:** Place about a teaspoon each of sugar, salt and lemon juice in separate bowls.

**STEP 2, Tasting time!** Take a bite out of the kale/spinach leaf, chew for a moment and notice how it tastes. Next, dip a clean cotton swab into the glass of water, then into the salt and dab a tiny amount of salt onto your tongue. Try it on different areas of the tongue to see if your perception of saltiness changes. Take notes! Take a few sips of water, then repeat this same taste test with the sugar and lemon juice.

### What you'll need:

cotton swabs, salt, sugar, lemon juice, a kale or spinach leaf, a glass of water, paper, pencil

**STEP 3, Observations:** After tasting the salty, sweet and sour ingredients, taste the green leaf again. Does it taste different? Try tasting the ingredients again in different order. Does a certain order improve the tastes? What happens if you taste one or more of the ingredients together with the green leaf?

**STEP 4, Conclusions:** What did you learn about your taste preferences? Based on this experiment, can you think of new ways to enjoy leafy greens?

## RECIPES

Let kids help with the simple steps in **BOLD**!

### BREAKFAST

#### Quick Spinach Frittata

Feel free to add other chopped fresh veggies to this quick recipe.

2 large eggs	1 teaspoon olive oil
2–3 cups baby spinach	1–2 tablespoons grated parmesan
crushed red pepper flakes (optional)	salt and pepper to taste

**Step 1: Whisk eggs until fluffy.** Step 2: Heat olive oil in a skillet over medium heat, add the spinach (sprinkle with red pepper flakes if using) and sauté about 1 minute until wilted. Step 3: Pour eggs over spinach and stir to mix. Cook until eggs begin to set. **Step 4: Sprinkle on parmesan.** Cook 1–2 more minutes, covered, until egg is set and parmesan slightly melted. Step 5: Use a spatula to cut into triangles like a pizza and serve.

### LUNCH

#### Mediterranean Whole Wheat Pasta Salad

This quick pasta salad can be made ahead at the beginning of the week, stored in the fridge and used for lunches.

1 bunch kale, rinsed and leaves removed from stalks	½ teaspoon soy sauce
2 cups carrots, grated	2 tablespoons sesame seeds (optional)
½ avocado, peeled and pitted	
2 tablespoons lemon or lime juice	

**Step 1: Tear kale leaves into bite-size pieces and toss all ingredients together in a bowl.** **Step 2: Use your hands or the back of a spoon to thoroughly mash avocado into kale.** **Step 3: Set aside at room temperature for 30 minutes before serving so the kale can soften.**

### SNACK

#### Kale Chips

Crunchy, easy kale chips make an awesome afternoon snack.

1 bunch kale	seasoning of your choice
1 teaspoon olive oil	salt to taste

Step 1: Preheat oven to 400° and **rinse and dry kale thoroughly (drier kale=crunchier chips).** Step 2: **Remove leaves from stems and tear into pieces a little larger than a typical potato chip (they will shrink during cooking.)** Step 3: **Toss kale in a bowl with olive oil and massage until it is lightly coated.** Step 4: **Place leaves on a baking sheet in a single layer (no overlapping!)** Step 5: **Sprinkle them with salt and your favorite spices (ideas: garlic powder, lemon pepper, taco seasoning, Cajun seasoning).** Step 6: Cook for 4–8 minutes, checking frequently, until leaves are crisp.

### DINNER

#### Spinach Pesto

Toss this pesto sauce with hot pasta, spread it on sandwiches or spoon it onto grilled chicken.

2 cups baby spinach leaves	2 tablespoons lemon juice
½ cup fresh basil leaves	⅓ cup parmesan
¼ cup walnuts or pine nuts	2–4 tablespoons olive oil
1 clove garlic	salt and pepper

Step 1: Place all ingredients except olive oil in a blender or food processor and pulse until well combined, scraping the sides with a spatula as needed. Step 2: Add 1 tablespoon olive oil, then turn the blender on medium and gradually drizzle in more olive oil until pesto reaches desired consistency (you may not need all of it). Step 3: Stir in salt and pepper to taste.



# SMOOTHIE SOLUTIONS

Smoothies are a fast, easy way to pack lots of nutrients into a single, portable cup.

They can be a fun source of daily fruits and veggies, providing essential vitamins and fiber and also contribute to hydration. If your family doesn't always welcome veggies, smoothies may be the solution! Hide some in a fruit smoothie and you won't even taste 'em.



## BECOME AN ULTIMATE SMOOTHIE BUILDER

Smoothies are a great medium for self-expression! You don't even need a recipe. Just have fun trying different ingredients and with a little practice you'll become an expert.



Get started with these building blocks, but don't stop there. Keep building different smoothies until you discover a combo you love.

1. Pick a fruit or two or three (remove any unwanted skins or seeds): banana, berries, pineapple, mango, papaya, kiwi, apple, grapes...or whatever you love!
2. Pick a liquid: milk (cow, soy, coconut, almond, rice, etc.), 100% fruit juice, water, coconut water
3. Thicken it with: ice, frozen fruit, yogurt, nut butter, avocado, banana, tofu
4. Give it a boost!
  - Add a veggie color boost: raw spinach or kale, cooked beets, grated carrots, pumpkin purée
  - Add a protein boost: nut butter, slivered almonds, cashews, tofu, yogurt, protein powder
  - Add a fiber boost: oatmeal, wheat germ, ground flax seed, chia seeds
  - Add a flavor boost: vanilla extract, fresh mint or basil leaves, cinnamon, nutmeg, grated fresh ginger, citrus juice or zest, a dash of cayenne

## SMOOTHIE BUILDING TIPS

Add liquid ingredients to the blender first.

- Cut ingredients into bite-size pieces for smooth, consistent blending.
- Pulse the blender at several intervals to catch all the chunks.
- Include a "creamy" fruit (banana, avocado) to give your smoothie silky texture.
- For smooth success, a general guideline is 1 cup frozen to 2 cups non-frozen ingredients. Use frozen fruit chunks in place of ice for more flavor.
- If the finished smoothie isn't quite sweet enough, add a little fruit juice, green grapes, dates, honey or stevia instead of sugar.



## HOST A SMOOTHIE PARTY

Round up a few friends, plug in the blender and get the party started.\* This activity is great for afterschool play dates, weekend brunch or sleepover parties! Invite each guest to bring a different color of fruits and veggies. The host provides the base ingredients (liquid, ice, miscellaneous "boosters"—see Ultimate Smoothie Builder list above for ideas), a blender, fun cups, drink umbrellas and a few party snacks. Let each guest take turns blending up different smoothie creations for everyone to taste!

*\*Parental supervision recommended for this activity.*





## NEXT STEPS

Smoothies are a great launch pad for kid independence in the kitchen.

- Children as young as five or six can learn to use the blender and make their own smoothies with minimal adult help.
- Even smaller hands can begin to practice washing produce, peeling skins, separating seeds and learning about measurements.
- For older children, smoothies provide an easy intro to lessons about kitchen safety, handling knives and tools, the importance of washing produce and using separate cutting boards for produce and meats.
- To review the latest kitchen safety recommendations, visit [www.foodsafety.gov](http://www.foodsafety.gov).

## TIPS FOR PARENTS

- Smoothies for breakfast can help mornings run smoother. Sip them on the way out the door or in the car.
- Prewash fruits and veggies when you arrive home from the store so kids can simply grab them and blend smoothies on their own.
- Save money by purchasing fresh produce in season or on sale, then cut and freeze chunks for making smoothies later.
- Slightly overripe fruits and vegetables can be used in smoothies to stretch your dollar.
- For picky eaters, add vegetables, especially leafy greens, to smoothies.
- Smoothies are a great way to help your kids eat different colored foods for a complete range of nutrients. Read the “Eat a Rainbow” edition of *Better Bites* to learn more.

## SMOOTHIE RECIPES

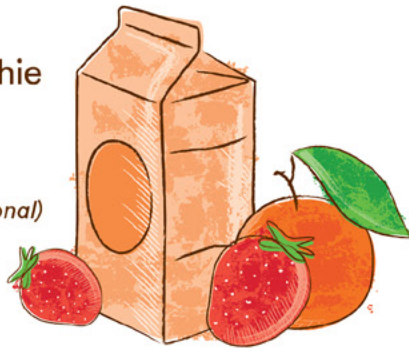
**Step 1:** Prep your ingredients. Peel, seed, slice and dice each fruit or vegetable.

**Step 2:** Place all ingredients in blender. Adding the liquid ingredients first makes blending easier.

**Step 3:** Blend, pulsing intermittently, until smooth.

### Berry Delicious Smoothie

1 cup frozen strawberries,  
blueberries or mixed berries  
1½ cups orange or apple juice  
3 ounces soft or silken tofu (optional)



### Miles of Smiles Smoothie

1 cup water  
1 cup orange juice  
½ ripe avocado  
3 kiwi fruits, peeled  
1 cup frozen mango chunks  
½ cup frozen pineapple chunks  
1 teaspoon vanilla



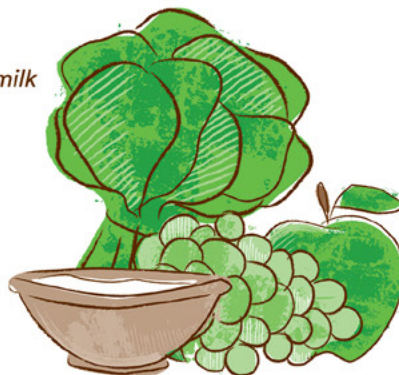
### Banana Nut Smoothie

½ cup cow, soy, almond or rice milk  
1 tablespoon nut butter  
1 banana (for a thicker smoothie, cut it into chunks and freeze in advance)  
dash of cinnamon  
dash of nutmeg



### Groovy Green Smoothie

1 banana  
1 cup grapes (for a thicker smoothie, freeze in advance)  
6 ounces vanilla yogurt  
½ apple, cored and chopped  
1½ cups fresh spinach leaves



# KIDS BOOK CLUB

## READING TIPS AND ACTIVITIES

**Jumpstart**  
Children first.®

Reading with children can improve their language, literacy, and social-emotional skills, increasing their knowledge of the world around them. With the right book choices, reading can introduce children to healthy eating habits too!

### SYLVIA'S SPINACH

by Katherine Pryor

#### What It's All About

Spinach is Sylvia's least favorite food. She is very disappointed when her class grows a garden and she's responsible for growing the spinach! Maybe growing her own spinach will help change her mind about this leafy green vegetable.

#### Discover a World of Words

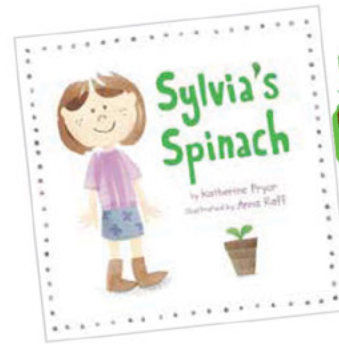
Throughout the story, introduce new vocabulary words using gestures, tone of voice, pointing to illustrations, or providing brief explanations. Examples include:

- *pluck*: to pull (something) quickly to remove
- *announcement*: a written or spoken statement that tells people about something.
- *sprout*: to produce new leaves, buds
- *nibble*: to eat slowly or with small bites

#### Make Connections Beyond the Book

After reading the story, make connections to an aspect of the child's real life by:

- Planting spinach just like Sylvia! Take spinach seeds and plant them in a small container indoors. Wait for them to sprout and then transfer them to an outdoor garden.
- Trying spinach different ways. Eat spinach with eggs, in soup, and on a sandwich. Brainstorm other combinations to see which one tastes the best.
- Saying yes to something new! Sylvia did not want to try spinach but when she did, she really liked it! Find something new to try together! You might just like it.



#### Dig into the Story

Develop children's comprehension of the story by discussing higher-level information (e.g., link characters' feelings to their actions and/or events in the story, predict what might happen, summarize chunks of text). Use prompts throughout the story, such as:

- *Sylvia is not happy that she is responsible for growing the spinach for her class' garden. What would you say to her to make her feel better? What vegetable would you want to grow?*
- *It's hard waiting for the plants to sprout. The peas, cucumbers, and squash all sprouted before Sylvia's spinach. I wonder if it will ever sprout. Let's keep reading to find out what happens.*
- *I see that Sylvia is going to try some spinach! I don't know if she's going to like it or not. She smells the spinach, she licks it, and then bites the leaf in half! She's surprised that she likes it! What is a new food you've tried and decided you like?*

**Jumpstart**

Jumpstart is a national early education organization working toward the day every child in America enters kindergarten prepared to succeed. Learn more at [jstart.org](http://jstart.org).

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Definitions taken from: *Learners Dictionary*. (2016). (Merriam-Webster, Incorporated)  
Retrieved from [LearnersDictionary.com](http://LearnersDictionary.com).



This guide was created in partnership with Whole Kids Foundation, a charitable organization that provides children with access to healthy food choices through partnerships with schools, educators and organizations. Learn more at [WholeKidsFoundation.org](http://WholeKidsFoundation.org).

# READING TIPS ACTIVITIES

## Together Time Activity

### Grow Your Own Spinach

Spinach is an easy vegetable to grow indoors or outdoors. It typically does best in sunny, cool weather (fall/winter), but can grow in a wide range of climates and soil types. Usually, the seeds will germinate in just 10-14 days, and spinach can be harvested within just 6-8 weeks!



**Spinach grows best in a raised garden bed or a container.** The soil needs to be cool (around 75 degrees or lower) for the seeds to successfully germinate. Keep the soil moist but not soggy.

**To plant (or start) your spinach indoors:** Make sure your seeds will receive the appropriate amount of light. Containers can be placed in a windowsill for direct sunlight, or purchase an inexpensive, plug-in grow light from the hardware store. Choose containers that are at least 6-12" wide and plant seeds at least 1-2" apart and about  $\frac{3}{4}$ " deep in the soil. After the seeds sprout (usually about 2 weeks) you have the option to transplant them outside to finish growing, or transplant them to larger containers as they continue to grow.

**To plant your spinach outdoors:** First check a garden zone map from an organization such as the American Horticultural Society ([www.ahs.org](http://www.ahs.org)) and follow their recommendations for when to plant, and the appropriate location and amount of sunlight. When planting spinach seeds in rows in a garden bed, space them about 14-18" apart and put the seeds at a depth of about  $\frac{3}{4}$ ".

### Talking Points:

- Explain how plants can have edible parts both above and below the ground. Which part of the spinach plant do you eat? Find some other plants outdoors and identify the parts together with your child.
- Discuss the sequence in which the parts of a plant grow (seed, roots, stem, fruit, flower). Which comes first, which comes last?
- Explain how seeds from one plant can spread and grow another plant (falling to the ground, traveling by wind or water, carried by birds, etc.).
- Explain that we also use plant parts, especially leaves and seeds, to make dried and ground spices to flavor foods.



[wholekidsfoundation.org/lets-get-growing](https://wholekidsfoundation.org/lets-get-growing)

Now that you know **WHY** you should make a rainbow part of your everyday routine, check out our tips on how you can grow your own greens!

### About Us

Whole Kids Foundation is dedicated to helping kids eat better—and enjoy it! We are a nonprofit 501(c)(3) founded by Whole Foods Market and guided by the same values, principles, expertise and standards for quality ingredients, food production methods and nutrition.

### Our Mission

We support schools and inspire families to improve children's nutrition and wellness. Given the right opportunities, kids will get excited about fresh fruits, vegetables, whole grains and other nutritious whole foods.

### Apply for a Grant

In addition to healthy eating initiatives, we provide grants for educational beehives, school gardens and salad bars. Find out how to enrich your school at [wholekidsfoundation.org/programs](https://wholekidsfoundation.org/programs).

### CONNECT WITH US!

[WholeKidsFoundation.org](https://WholeKidsFoundation.org)



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