



Great Taste Matters

Try something new

All forms count

Shop smart

Take time for family

Explore the variety



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FruitsAndVeggiesMoreMatters.org

- Help kids pick a new fruit or veggie
- Fresh, frozen, canned, dried and 100% juice all matter
- Vary your fruits and veggies
- Include kids in cooking and shopping
- Choose from more than 350 varieties of fruits & veggies



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