

## **FREE RESOURCES**

### **The Two Bite Club**

<https://pueblo.gpo.gov/TN/TNPubs.php?NavCode=XA&CatID=2>

Educational storybook that introduces MyPlate to young children and encourages them to try two bites.

**Item number:** FNS405 English

Available in Spanish also!

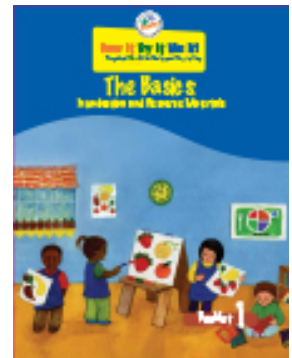


### **Grow It, Try It, Like It!**

<https://pueblo.gpo.gov/TN/TNPubs.php?NavCode=XA&CatID=2>

A garden-themed nutrition education kit for child care center staff that introduces children to fruits and vegetables. Item includes one box kit with seven booklets and two CDs.

**Item number:** FNS406



### **Dig In! Poster Set**

<https://pueblo.gpo.gov/TN/TNPubs.php>

A set of six posters featuring fruits and vegetables. Horizontal posters are 24" x 36". Vertical posters are 36" x 24".

**Item number:** FNS454



### **Phrases that HELP & HINDER Trying New Foods**

<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/PhrasesThatHelpAndHinder.pdf>