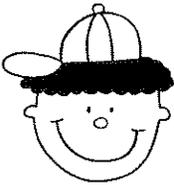




"Always
Wash All of Your
Produce"



Everyday, wash and eat produce
of different colors...

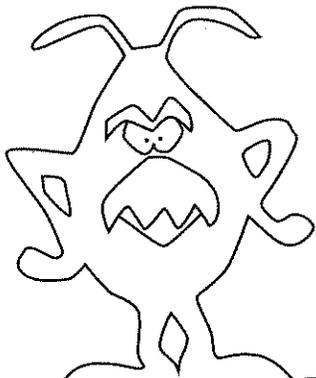


...to grow strong, healthy and smart!

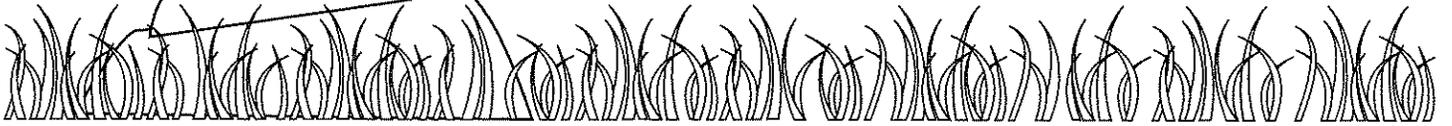
Keeping Food Safe!

Food and Drug Protection Division
NC Department of Agriculture and Consumer Services
Steve Troxler, Commissioner

Share the information on the back with an adult.



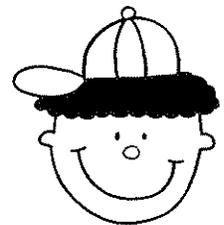
The Germ says,
"If you don't wash your produce
before eating it, I will make you sick."



Fruits and veggies are
packed with vitamins,
minerals and antioxidants.
Eating 5 portions a day help
your brain and body to
grow up healthy.



Not all adults know this.
You can always teach them!



Keeping Food Safe!