



SAFARI

ELEMENTARY EDITION NEWSLETTER: MARCH

ADVENTUROUS EATING

Sammy likes to try eating new things, but he's always very careful to stay away from nuts since he's allergic to them. As long as it's safe, it's good to try new foods, because different foods provide us with different nutrients. Plus, you never know if you'll find a new favorite.

Not sure where to start?

- When your family goes food shopping, join them and discuss all the different types of new safe foods you can try!
- Get involved in cooking with your family! It's always more rewarding to try the foods that you cooked yourself.
- Try dipping vegetables that you've never tried before in hummus or one of your favorite dips.
- Enjoy a cup of low-fat yogurt topped with a new type of fruit that you have not tried yet.
- Maybe you can even get your hands dirty and start your very own garden with your family. This is a fun way to learn and try different fruits and vegetables while growing them yourself.

Trying new foods can be scary, but it can also be a flavor adventure! By adding foods you've never tried before, to meals you already love, you might just find a new favorite!



WHAT NEW FOODS DID YOU TRY TODAY?

FILL IN THE BLANK

SHOPPING TRY SCARY GARDEN COOKING
NUTRIENTS FAVORITE ADVENTURE FRUITS

Different foods provide us with different _____. When you _____ new foods, you might find a new _____! Get involved in _____ with your family or join them when they go grocery _____. Start your own _____ and try the _____ and vegetables you grow! Trying new foods doesn't have to be _____; it can be a tasty flavor _____!

WORD SEARCH

C	A	Q	A	U	P	D	P	E	B
N	Q	O	C	N	N	T	T	X	M
F	U	D	P	R	E	R	A	P	F
R	V	T	C	T	W	Y	S	L	L
U	A	E	R	U	I	S	T	O	A
I	R	T	G	I	I	O	E	R	V
T	I	R	H	G	T	S	N	E	O
G	E	Y	H	P	I	I	I	S	R
N	T	G	W	C	A	E	O	N	B
X	Y	J	Y	A	R	P	S	N	E

VARIETY
EXPLORE
CUISINE

FRUIT
OPTIONS
VEGGIES

TRY
NEW
NUTRITION

TASTE
FLAVOR

SAFARI

