



SAFARI

ELEMENTARY EDITION NEWSLETTER: APRIL

WHOLE FOOD, PLANT-BASED EATING

The Safari friends think April is the perfect time to learn about the amazing world of plant-based eating, because this month we celebrate Earth Day! Plant-based meals are both good for you, but they are also good for the environment because they use less fuel to produce. This leaves both our bodies and the earth feeling happy.



When eating plant-based foods, whole foods are always best. This means that when we eat a fresh chopped salad topped with beans, the ingredients haven't been changed much from their original state, so we get all the good nutrients our bodies need! Foods like this are like nature's gifts to us.

Other plant-based foods include veggie patties, protein pasta, egg tortillas, and more. While these foods include ingredients that have been changed a bit from their original state when grown, they also provide us with all the benefits of a plant-based diet.

The possibilities are endless when creating fun and delicious meals made from plant-based foods. From tasty plant-based burgers to colorful fruit salads, these meals are sure to fill you up with all the fiber, protein and nutrition you need to enjoy the best day that you can have. Plus, these foods help us to protect the planet and make us feel energetic and happy after we eat them! How cool is that?

WHAT PLANT-BASED FOODS DID YOU EAT TODAY?

HELP THE SAFARI FRIENDS GET TO THE PLANT-BASED MEAL



WORD SEARCH

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

PLANT	GROW	PLANET	SEEDS
FRUIT	GRAINS	NUT	VITAMINS
FIBER	MINIMAL	NUTRIENTS	VEGGIES

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