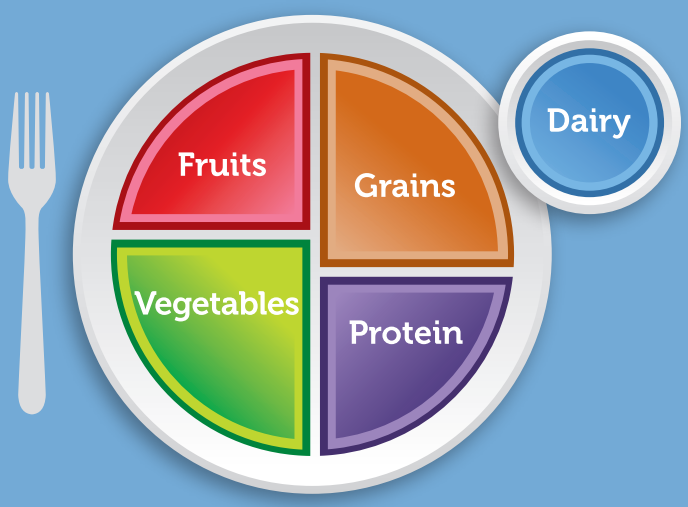
Make Each Plate a Healthy Plate

Make half your plate veggies and fruits, add lean protein, include whole grains and don't forget the dairy.



THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR
COLUMBUS PUBLIC HEALTH

Healthy Children, Healthy Weights

LET'S MOVE! Child Care