



COOKING in the COLORS of the RAINBOW

PREVENTING
DIABETES
THROUGH
HEALTHY
EATING

Mama, we're
starved!



We want something good to eat. Can we have some candy?

Or maybe some chips?

CANDY

POTATO

CHIPS



Maria and David,
we have a lot of delicious fruit to eat. You
can have strawberries or a banana
or an orange.

It's important
that you eat
something healthy
after school. That's
what helps your
body stay strong
and healthy.

Who wants to help me
make dinner?

ME!

ME!

Can we make chicken tacos tonight?

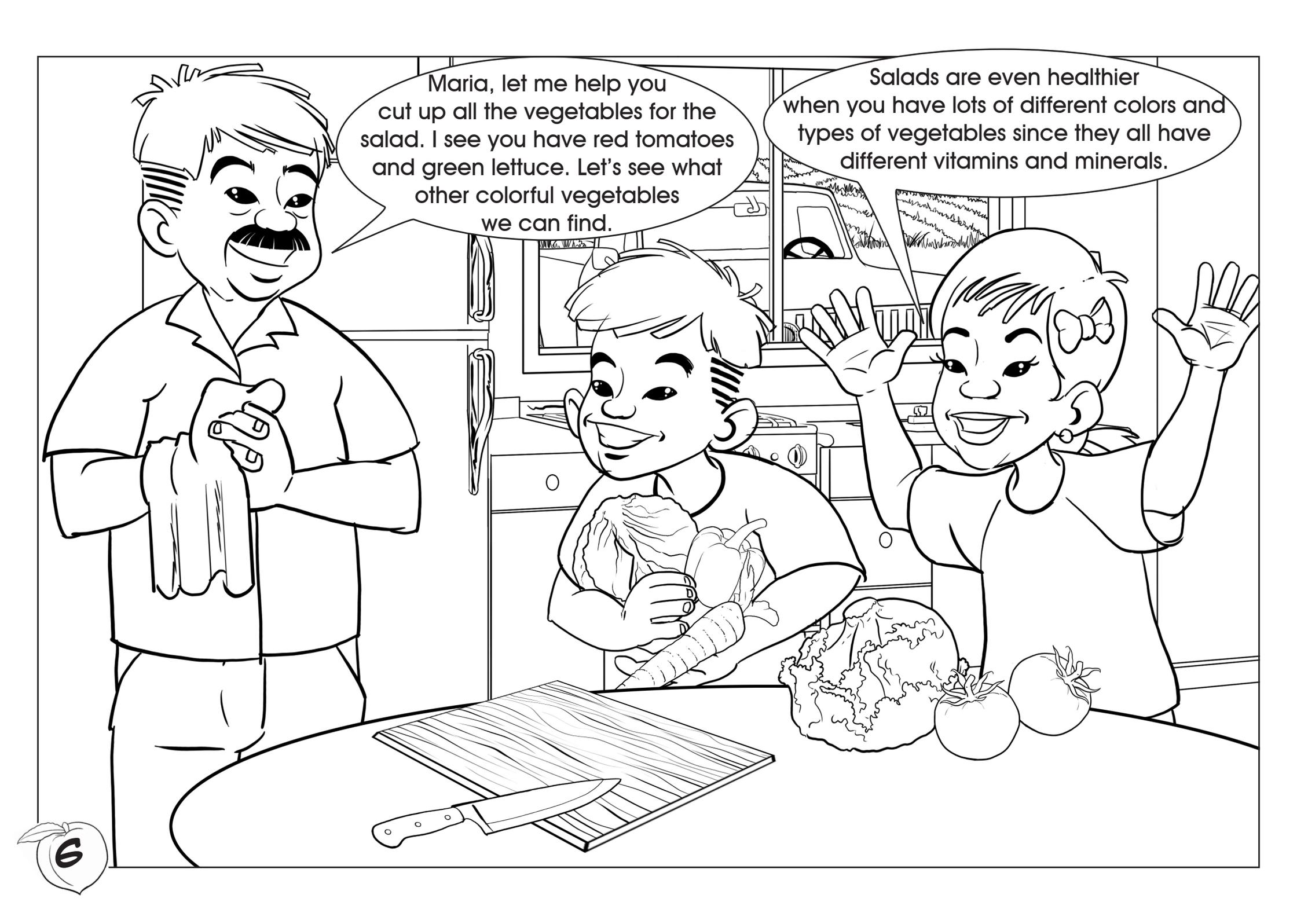
Let's make tacos and a colorful salad too.

Here we have the vegetables for the salad.

David, you know how to make the rice.

RICE





Maria, let me help you cut up all the vegetables for the salad. I see you have red tomatoes and green lettuce. Let's see what other colorful vegetables we can find.

Salads are even healthier when you have lots of different colors and types of vegetables since they all have different vitamins and minerals.

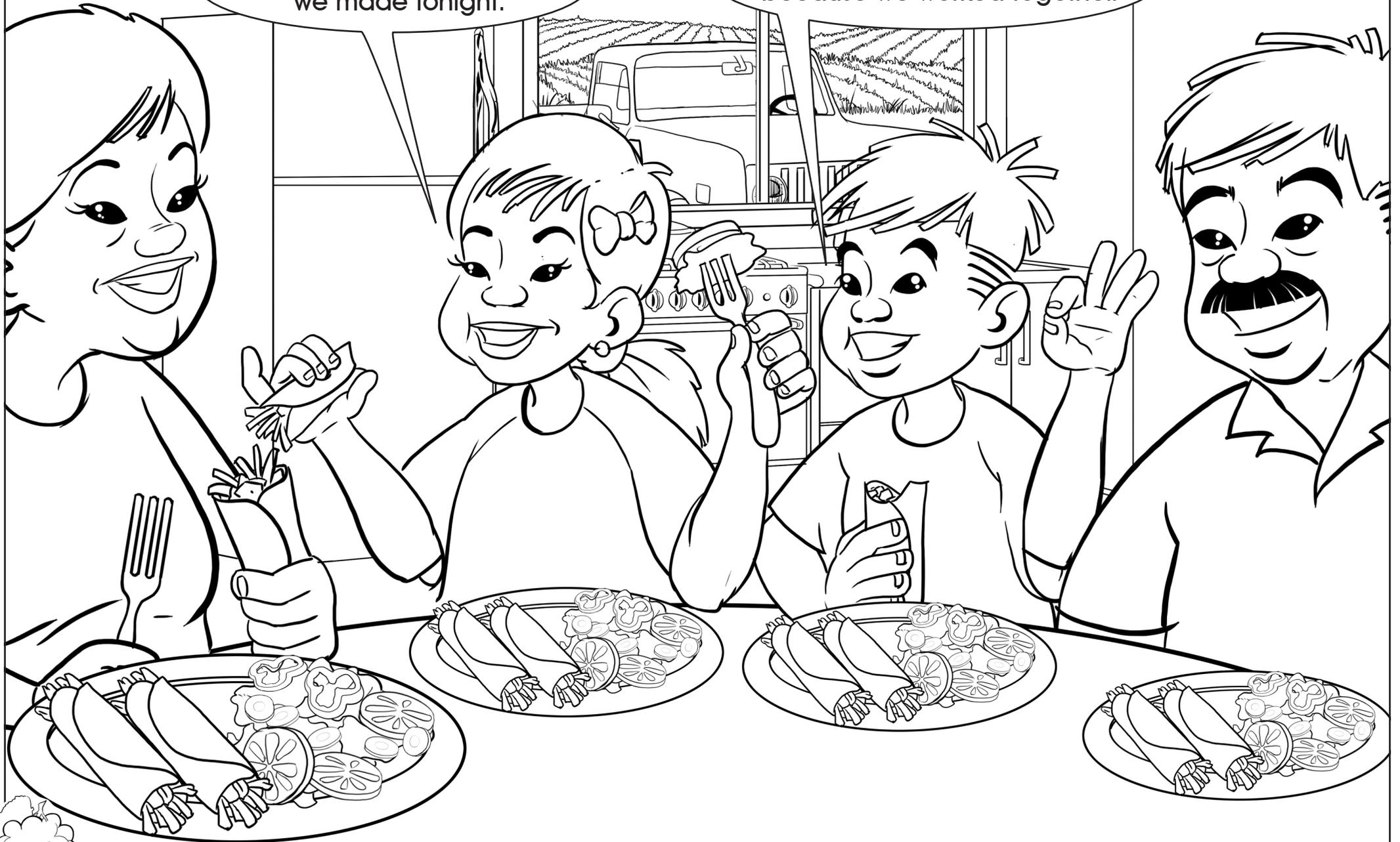
Mama, there are a lot of healthy ingredients in these tacos! Corn for the tortillas, brown rice and chicken. We'll have lots of protein to help us grow!

That's right, David. And with Maria's salad we will have a filling and healthy dinner.



Mama, I love all the food we made tonight.

And it even tastes better because we worked together.



Space for local information

For more information:

<https://www.farmworkerjustice.org/>

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**FARMWORKER
JUSTICE**

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