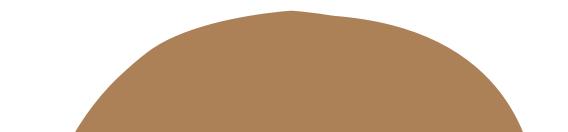
CAPTAIN C REATE

Whole fruits are



fresh, fun, and full of nutrients!

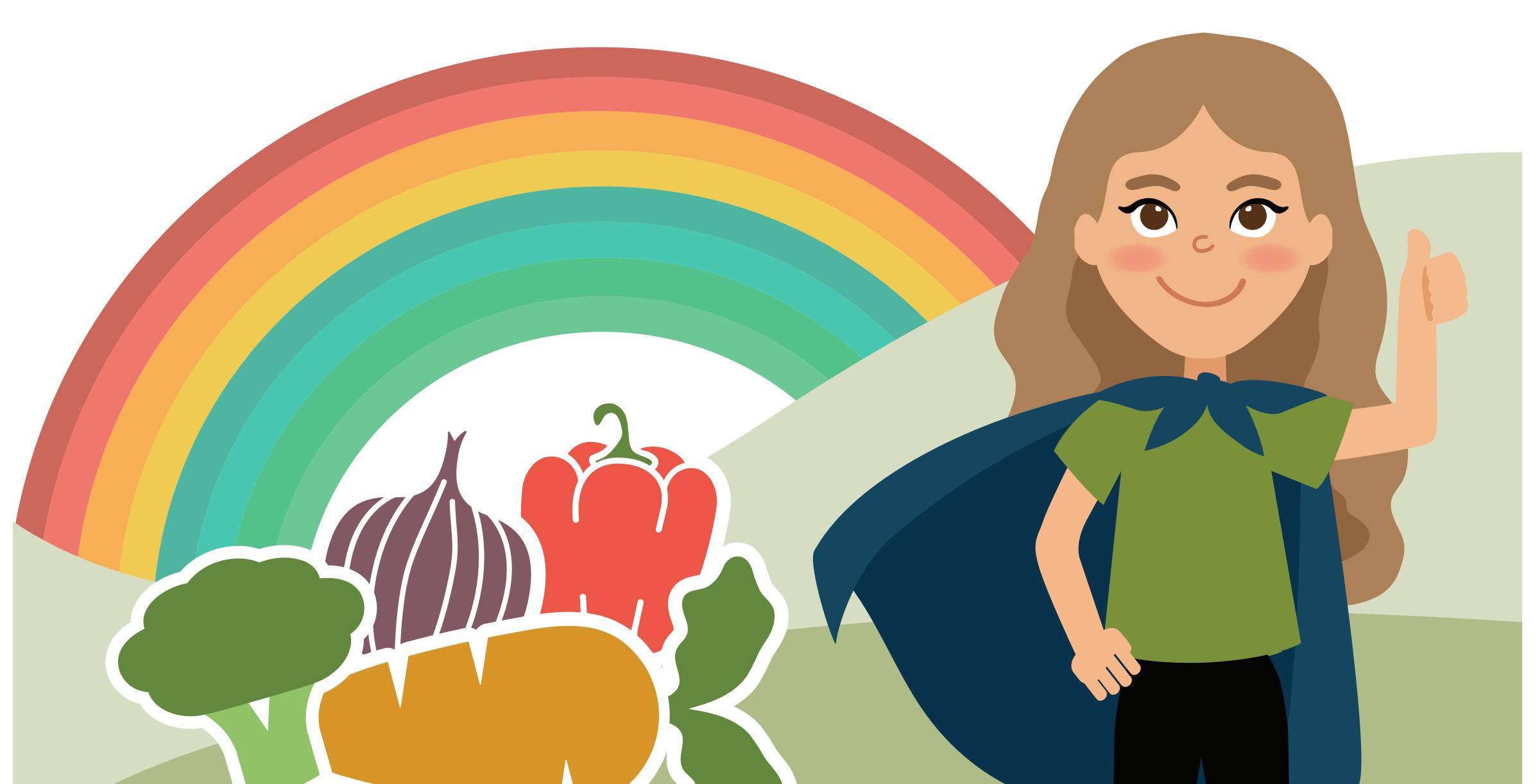
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CAPTAIN CREATE

Rockin' the vegetable rainbow!



C R E ATTER BETTER BETTER BETTER BETTER

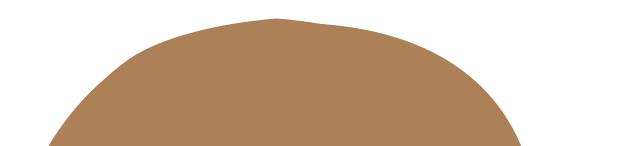
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CAPTAIN





Get movin' and groovin' with whole grains!

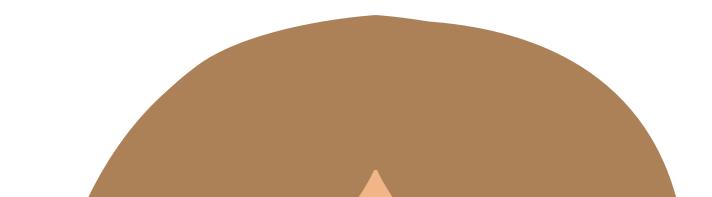
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CAPTAIN CREATE





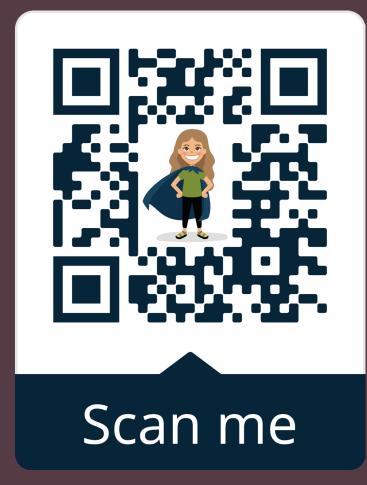
with lean protein!



CREATE BETTER SAPE HEALTH

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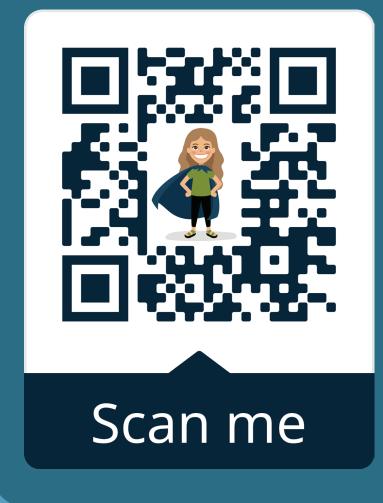
CAPTAIN C REATE

Boost your bones



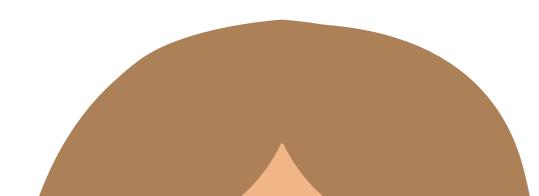
Extension UtahStateUniversity_®

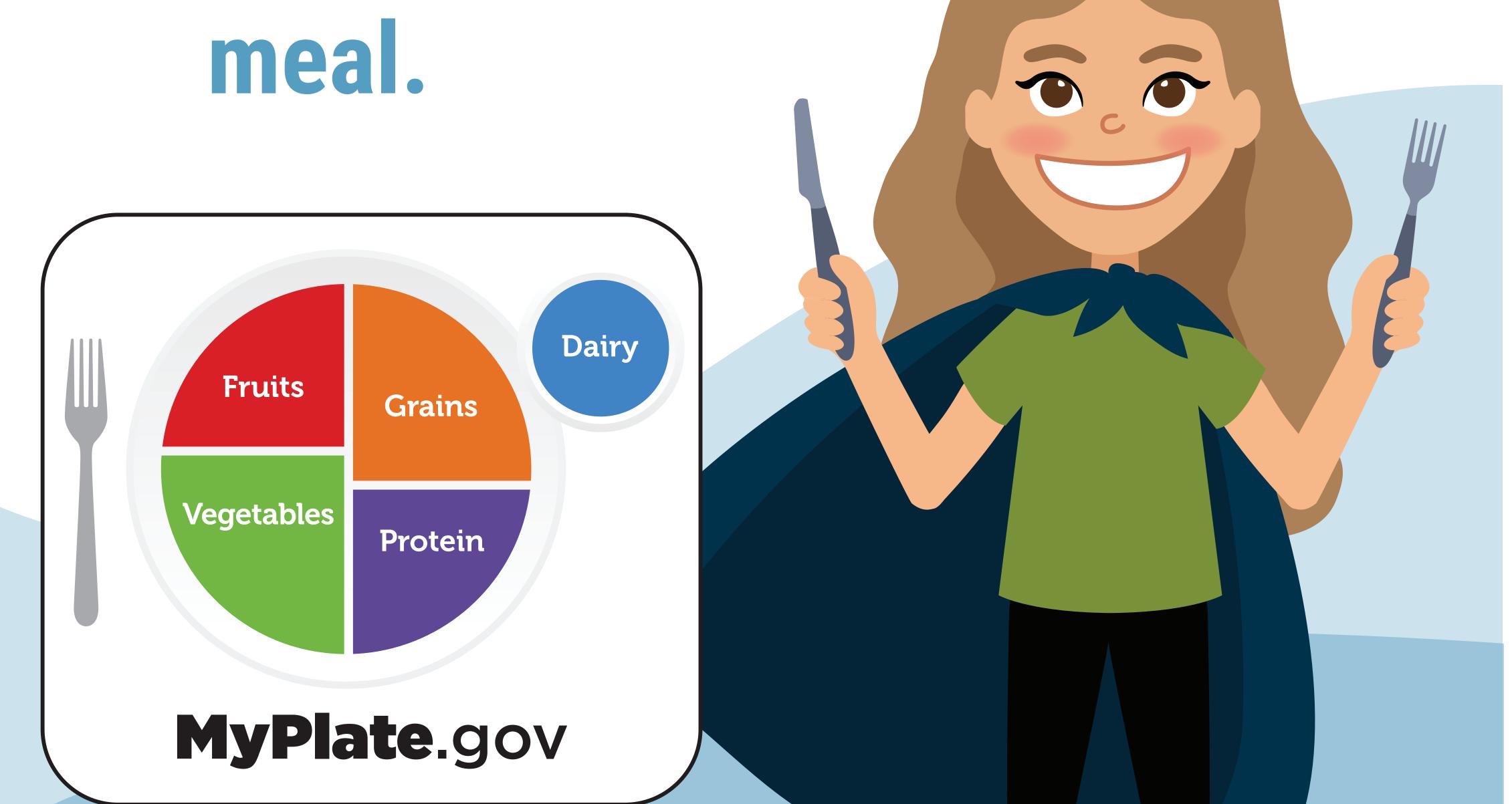




CAPTAIN C REATE

Eat a balanced





CREATE BETTER SAFE HEALTH

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CREATE HEALTHY CHOICES

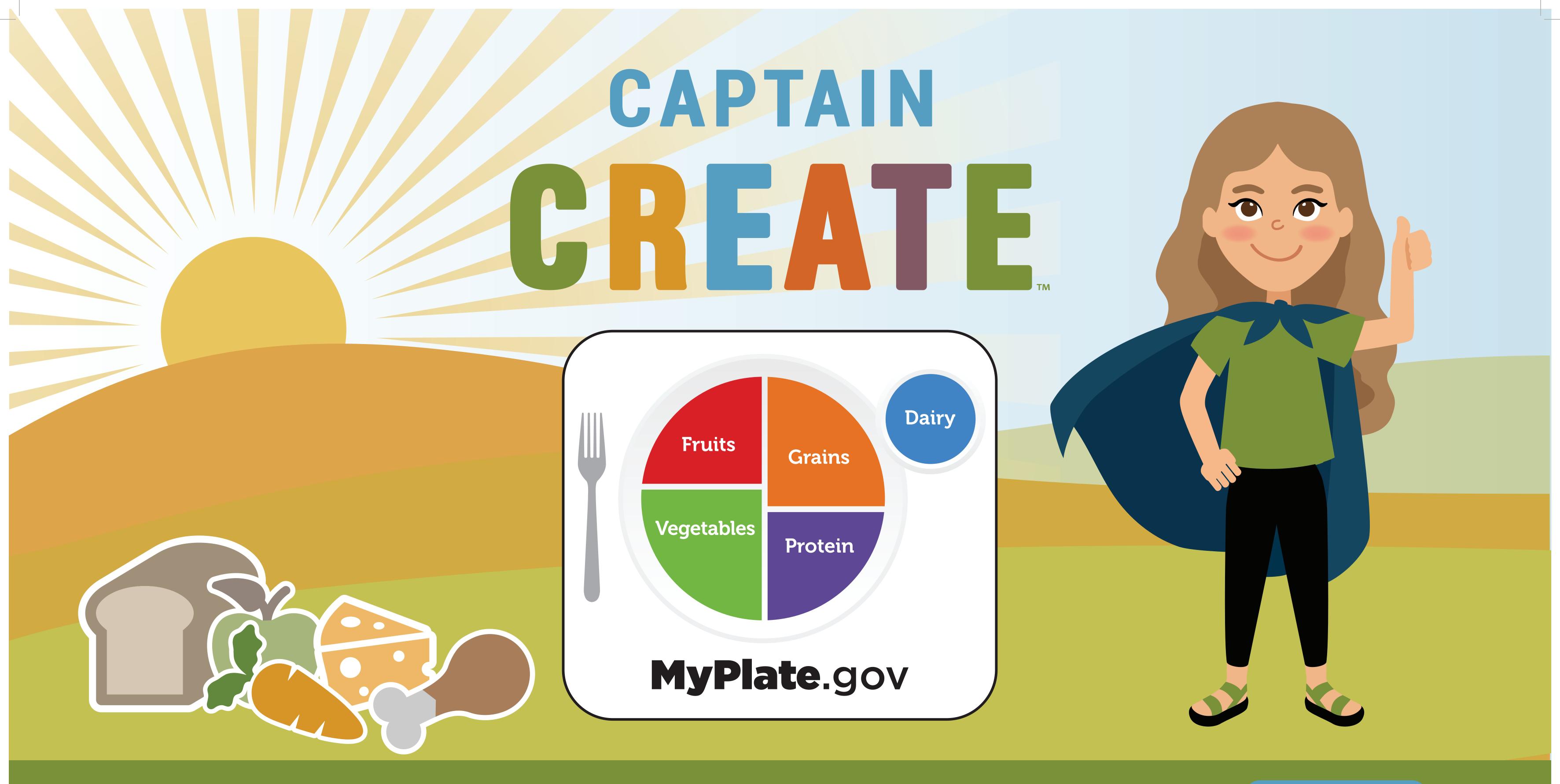


with MyPlate

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