

# EAT THE RAINBOW!

## Build-Your-Own Date Bites

*Kid-Friendly • Builds Muscles • Easy to Make at Home*

### What Is a Date?

*Dates are full of natural sugar and fiber that help give our bodies steady energy for learning, playing, and growing!*

### Topping Choices

- Hemp seeds
- Sunbutter
- Pepitas (pumpkin seeds)
- Coconut shavings
- Pomegranate seeds

### Let's Make Date Bites!

#### Step 1: Open the Date

Gently pull open the date and remove the pit.

#### Step 2: Pick Your Fillings

Choose toppings you would like to try.

#### Step 3: Create Two Different Varieties

Make TWO different date bites using different topping combinations.

#### Step 4: Taste & Explore

Take a bite and notice:

- Texture
- Sweetness
- Crunch
- Color
- Flavor combinations

#### Step 5: Share Feedback

**Enjoy every bite. Draw your Super Produce Pal and the power it gives you like Tayo!**