

Organic is a big word, so let's spell it out beginning with the letter "O".

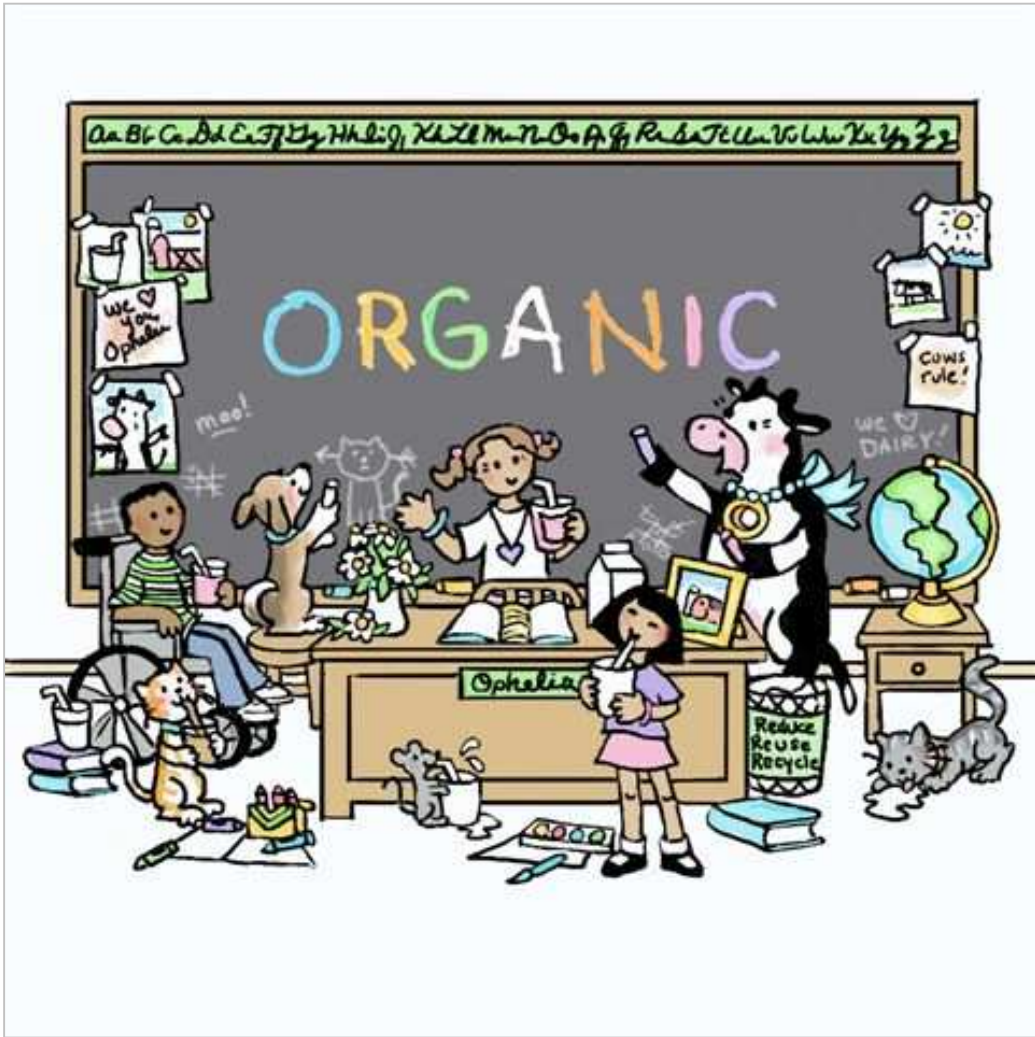
"O" is for Our earth.



It is important that we keep it healthy and by growing organic food, we keep harmful chemicals and pesticides out of the soil. By doing this our land, oceans, and lakes stay much cleaner. Everyone benefits ... even the fish.

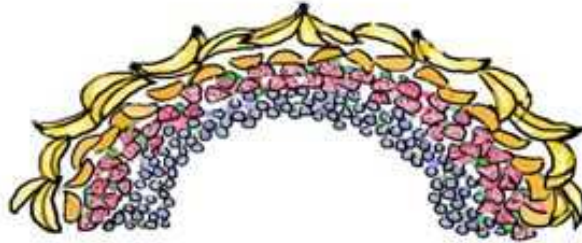


READY, SET, GO **ORGANIC!**





READY, SET, GO **ORGANIC!**



Organic Rainbow Smoothie (a real kid pleaser)

- 1 cup organic plain yogurt
- 1/2 cup frozen organic strawberries
- 1/2 cup frozen organic blueberries
- 1/2 cup frozen mango slices
- 1 organic banana
- 1 cup organic apple juice
- 1 tsp. vanilla extract

**Pour all of the ingredients into the blender.
Blend for 15-20 seconds until smooth.
Pour into glasses and enjoy!**

