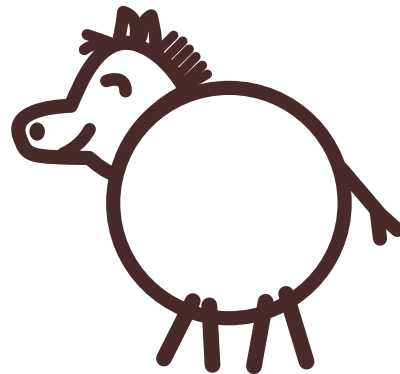
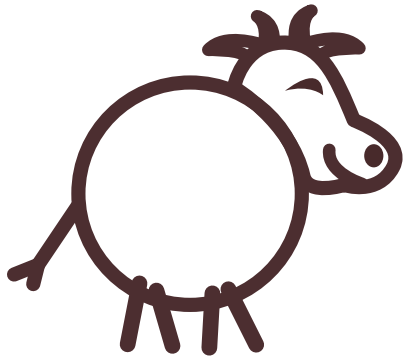
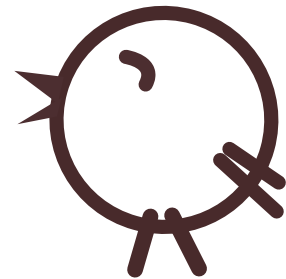
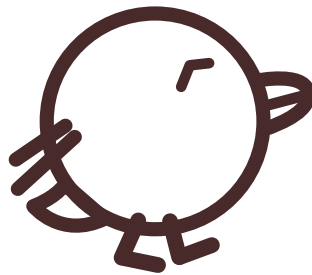
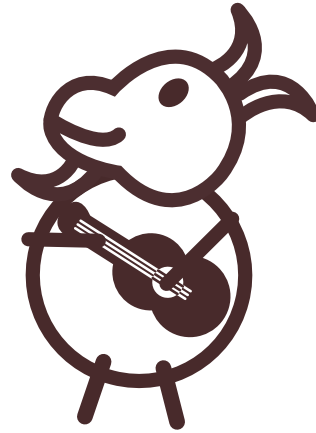


**We're the FARM GRUB TEAM
and we're shakin' and
a groovin'
Keepin' it Real, now!**



quack, quack

moo, moo

souie, souie

maaa, maaa

giddy-up, giddy-up

cock-a-doodle-doo

The Farm Grub Team is shakin' and groovin' about healthy food! Match them to their noises!

The FARM GRUB Team's Tips for Grown Peeps

(for use by chickins of all ages!)

find more @ www.chickinfeed.com

Build a culture of healthy, real foods in your home. Even if you chickins don't automatically go for the healthiest things right away, they will build an understanding of the importance you place on food.

Food should nourish our bodies well and not cause harm. Have plenty of talks about your mouthfuls – what the foods are, which feed groups they come from (to make sure you are getting a variety, try to track it) and don't eat lots of things that aren't really food!

Shop and prepare foods together, the earlier you get your chickins involved in this important ritual, the better – and more fun!

Step outside your comfort zone every once in awhile and set a good example for your chickins. Try new foods, and run around like a chickin. it's great fun!

A BALANCED DIET
does not mean
A CUPCAKE IN EACH HAND!

