

# Reading fuels our mind!

FEEDING  
AMERICA  
West Michigan



GATHER  
2 GROW

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER.

# Food

## WHY DO WE NEED IT?

1

GIVES YOUR BODY  
THE ENERGY TO RUN,  
PLAY, AND DANCE!

2

FOOD HELPS YOUR  
BRAIN TO LEARN  
AND READ.

3

FOOD HELPS  
YOU TO GROW.

4

FOOD PROVIDES A  
MOOD BOOST!

FIND FOOD:



# READ

  
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# Water



## WATER IS IMPORTANT!

1

WATER HELPS THE MIND TO FOCUS WHILE LEARNING.

2

WATER HELPS THE BODY TO TURN FOOD INTO ENERGY.

3

TRY TO CONSUME WATER DAILY.

4

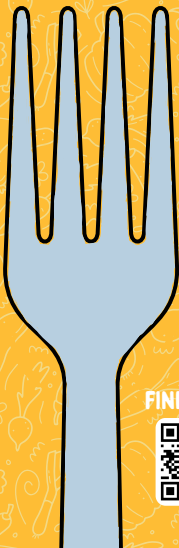
CARRY A REUSABLE WATER BOTTLE WITH YOU.

FIND FOOD:



# FOOD

**GIVES YOUR  
BODY THE  
ENERGY TO  
RUN, PLAY,  
AND DANCE!**



**FIND FOOD:**



# WATER



**HELPS  
YOUR  
BODY  
TURN  
FOOD  
INTO  
ENERGY.**

**FIND FOOD:**





# FOOD



**PROVIDES**

**A**

**MOOD BOOST!**



**FIND FOOD:**



# WATER

HELPS  
YOUR MIND  
FOCUS  
AND LEARN.

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# FOOD



HELPS YOU GROW!

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# **WATER**

A light blue cloud-like shape containing the word 'WATER' in bold, dark blue capital letters. The background is white with various water drop outlines in blue, orange, and green, and some abstract lines.

**TRY TO  
DRINK  
WATER  
EVERY DAY.**

A large, light blue water drop outline that frames the central text. The background features several smaller water drop outlines in blue, orange, and green, along with abstract lines.

**FIND FOOD:**



# FOOD

**HELPS YOUR BRAIN  
READ  
AND LEARN.**



**FEEDING  
AMERICA**  
West Michigan

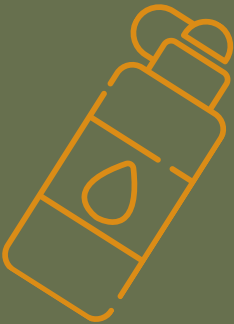


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2 GROW**

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# WATER

**CARRY A  
REUSABLE  
WATER  
BOTTLE  
WITH YOU.**



**GATHER  
2 GROW**

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