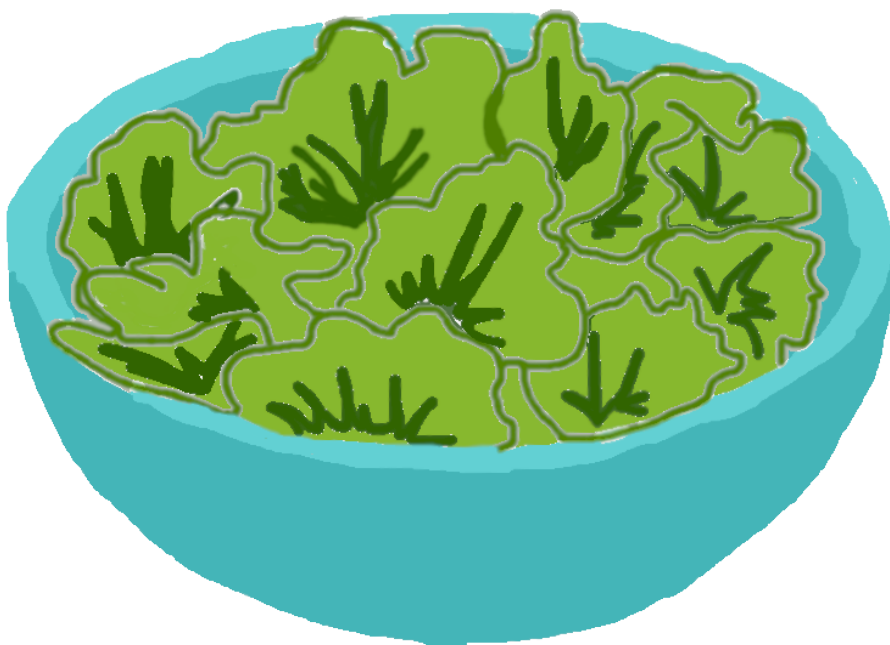
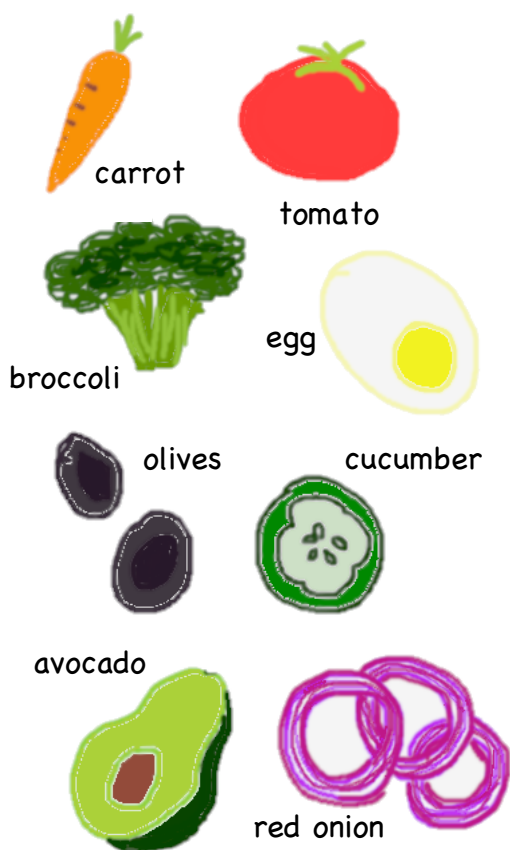


Build Your Bowl

Leafy greens make a great base for a healthy, delicious meal! You can add your favorite fruits, veggies, and nuts to create a rainbow of color. On the bowl of lettuce below, draw your favorite toppings to build a colorful dish. See the example toppings for ideas!

Example Toppings



Social Media Spotlight

What are your favorite salad toppings? Share them with us or a picture of your salad art @carolinahungerinitiative on Facebook and Instagram and @carolina_hunger on Twitter using #NCHarvestOfTheMonth



Camera designed by Freepik at Freepik.com

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