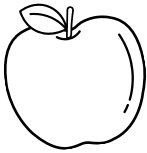
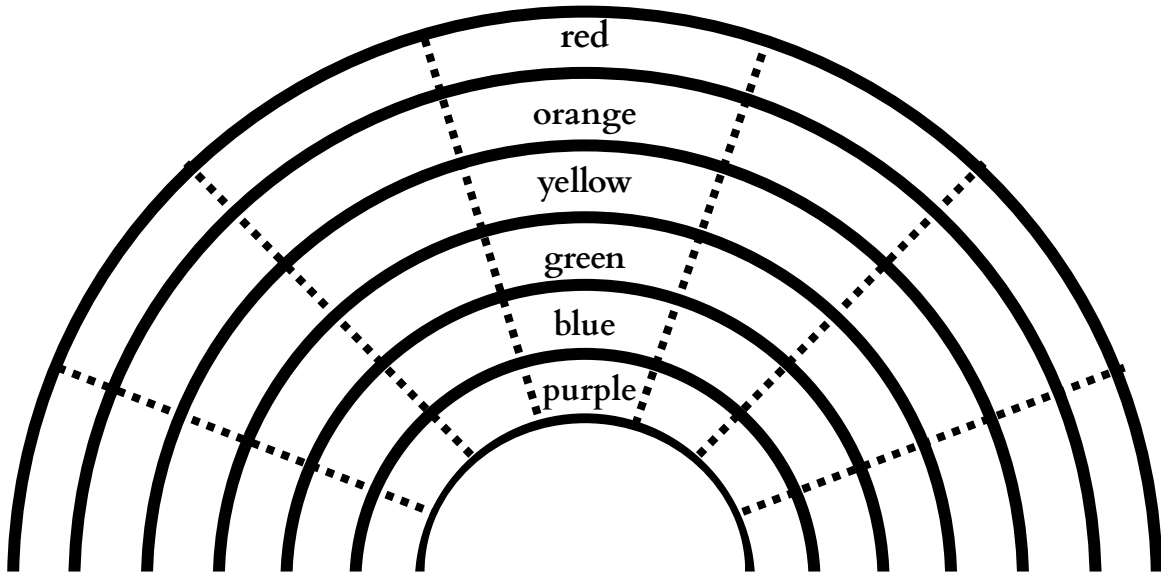


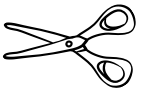
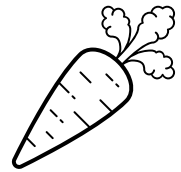


Let's Eat the Rainbow!

Name: _____ Week of: _____



Color in a stripe each time you eat a food of that color this week.
Want to learn more about seasonal fruits and veggies?
Check out The Fresh Pick: thepaleodiet.com/the-fresh-pick/
Made for families by The Paleo Diet®



My Food Comfort Card

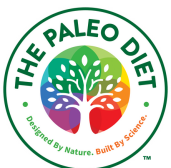
My Name: _____

Foods That Help Me Feel Good

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Foods to Avoid

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



Caregiver Contact

Name: _____ Phone #: _____

⚠ Note: This Comfort Card is designed to help children communicate food preferences and sensitivities. It is not a medical document. Caregivers should always follow medical instructions provided by a physician, allergy action plan, or emergency medication such as an EpiPen®.