

The White House Kitchen Garden



Each year, First Lady Michelle Obama joins students from D.C. and across the country to plant, tend, and harvest the White House Kitchen Garden. Everyone digs into the dirt and plants seeds for all kinds of fruits and vegetables that are used in meals for the First Family, White House visitors, and members of the Washington, D.C. community who are in need. After the harvest, students enjoy a meal with food grown in the garden.

**LET'S
MOVE!**



The First Lady's *Let's Move!*

initiative inspires kids and families to eat healthier and be more active.

The next time you have a meal, fill half your plate with fruits and veggies and be sure to try some new ones. What are your favorite fruits and vegetables?

1. _____
2. _____
3. _____