



Color Me Healthy is a nine-session program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating.

It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun. This curriculum is for the SNAP-Ed eligible audience.

## **For more information, contact:**

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Better Living For Texans**



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