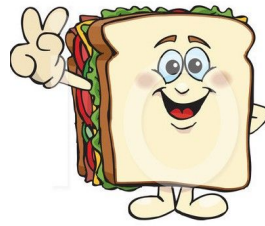


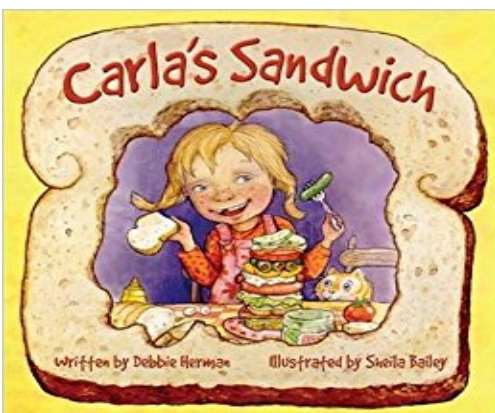
The MyPlate Sandwich Challenge

Design your dream sandwich



- There are only TWO RULES:
- Include foods from at least 3 of the five food groups on MyPlate
- Include two foods that are grown in **Oregon** – bonus if they are grown in **Klamath County!**

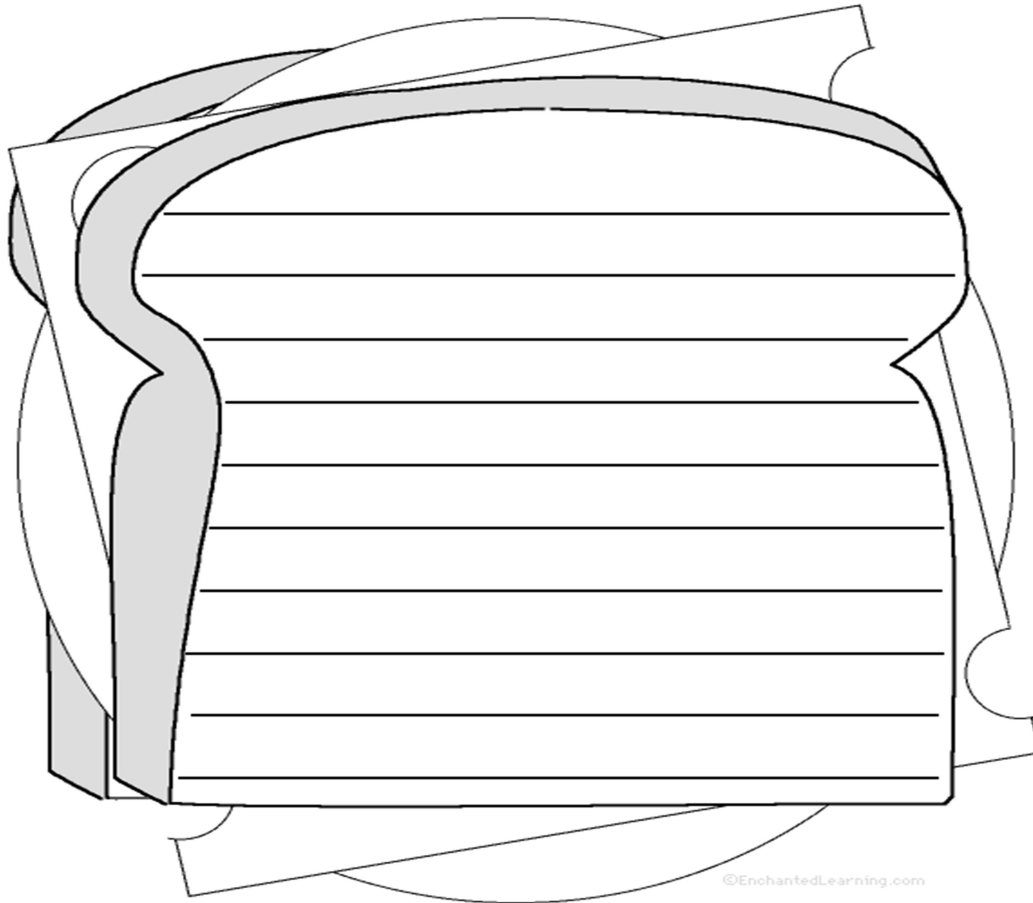
Be creative - like Carla from the story shared below. Will your sandwich be sweet, savory, toasted, cold, rolled up in a wrap? Will you be traditional or try something totally new?



Enjoy this reading of Carla's Sandwich-
listen carefully for fun ideas to use when you create your MyPlate Sandwich!

<https://www.storylineonline.net/books/carlas-sandwich/>

Start collecting ideas for your sandwich!



Place a star by Oregon grown foods, double star if is grown in Klamath County!

List the ingredients by food groups below.

Dairy Fruit Vegetable Protein Grain

Will you make your sandwich? If so, we hope you enjoy each bite, but before you take the first bite please take a photo and share your creative and healthy choices with us!

Diane.silberstein@oregonstate.edu