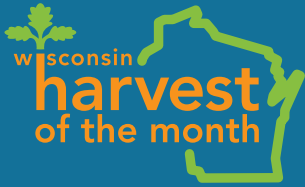




CHOOSE KALE



Nutritious · Delicious · Wisconsin!



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Choose Kale at home!

Kale Chips

Bake kale in the oven to make kale chips. Kids can help rip kale into bite-sized pieces. Toss with olive oil and a sprinkle of salt. Place kale pieces on a cookie sheet. Bake in the oven at 375°F until they are crispy, about 10-15 minutes.

Kids in the Kitchen!

Kids can use their clean hands to rub chopped raw kale before adding it to a salad. This is called “massaging” the kale. It helps to soften the leaves before adding dressing and toppings.

Kids love to explore food using their five senses. This is a great way to encourage kids to try new foods!

*Make meals and memories together.
It's a lesson kids will use for life.*

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