

# I SPY STRONG BONES

Calcium is great for our bones and teeth! Scan the page for some of the best calcium rich foods. Add these foods to your next meal to support bone health.

**BONUS:**  
Head to your local Hy-Vee  
and find the aisle each item  
is stocked in!

KALE	MILK	YOGURT	CHEESE	ALMONDS	BROCCOLI
					
AISLE: _____	AISLE: _____	AISLE: _____	AISLE: _____	AISLE: _____	AISLE: _____



**JOIN THE CLUB**

Or submit your completed challenge for a prize!