

SAFARI

JOIN US FOR AN ADVENTURE IN HEALTHY EATING!



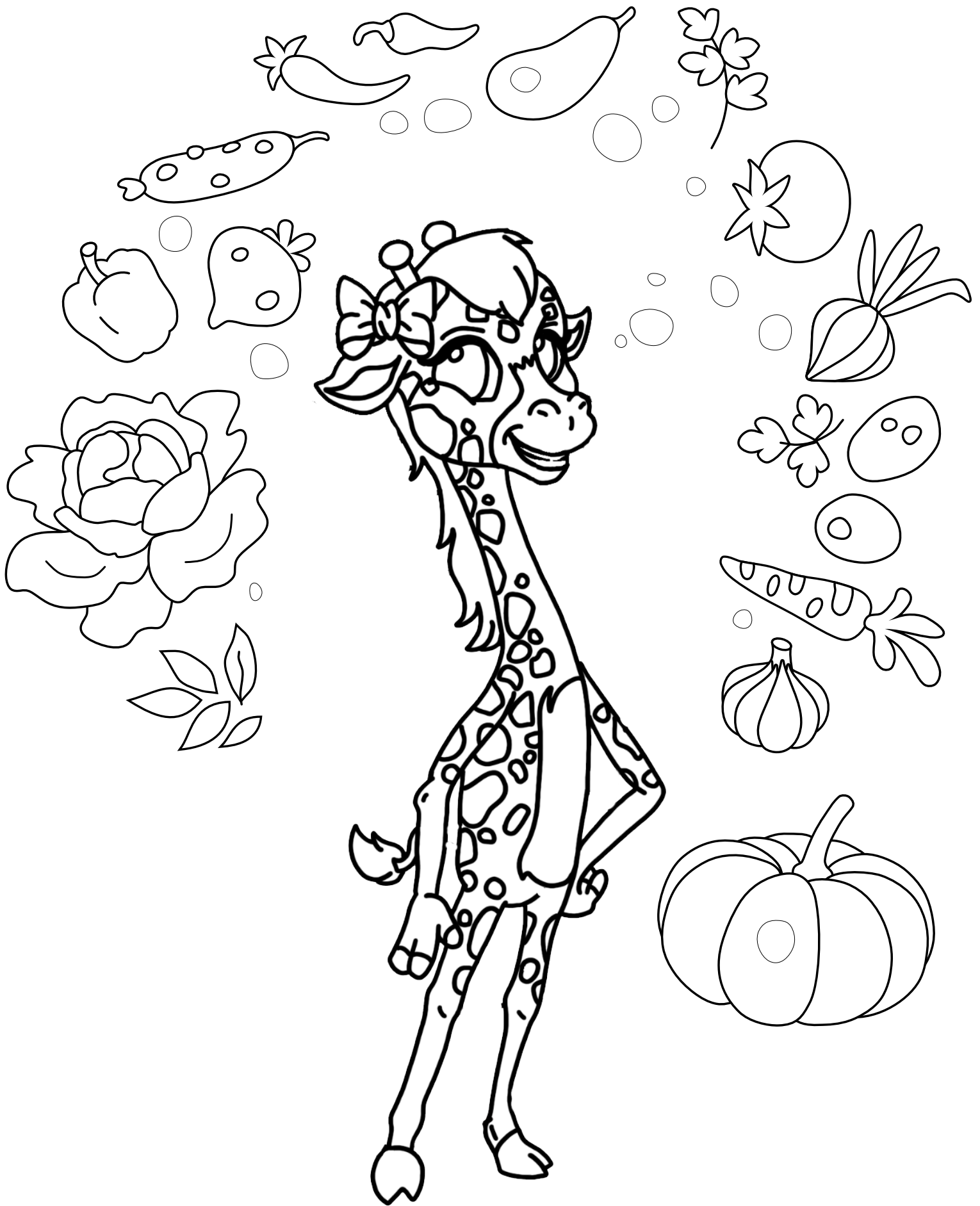
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SIMPLY ROOTED
in food & family

COLORING BOOK

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OUR SAFARI FRIENDS GO TO SCHOOL!

Go on a Nutrition Safari® with our Safari® friends as they go on a new culinary adventure at school! Join Luke the Lion, Jillian the Giraffe and Hardy the Hyena as they meet new friends, try new foods and learn about nutrition and how to stay healthy and strong through nourishing food and physical activity.

Each month, you will learn about a new nutrition topic. And, make sure to join us at the Safari® Lunch Lab, where you'll learn all about our harvest of the month. Plus, you'll get to take part in a Nutrition Safari® scavenger hunt right in the cafe!

We hope you enjoy your Nutrition Safari® adventure!

MEET LUKE THE LION

Luke the Lion is the leader of the Nutrition Safari friends. He's strong, wise and loves to fill up on protein. You can always count on Luke the Lion!



MEET JILLIAN THE GIRAFFE

Jillian the Giraffe loves to eat fruits and veggies. They are her favorite! She's tall, strong and focused. Jillian can reach up into the trees to pick fruits and veggies for her Safari friends.



MEET HARDY THE HYENA

Hardy the Hyena is admired for his calm and cool nature. He loves to eat healthy whole grains because they keep him fit! Hardy the Hyena always makes his friends laugh.



MEET WALTER THE BOOKWORM

Walter the Bookworm loves reading and learning about new ways to stay healthy. He's especially interested in brain foods. They help him to read faster and learn more. This bookworm always has the answers!



MEET TALIA THE TOUCAN

Talia the Toucan is swift and loves to stay strong through a nutritious diet and lots of physical activity. She brings excitement to each Safari journey with fun new adventures. Heart health is her focus, and she makes sure that her Safari friends stay active, too!



MEET SAMMY THE SQUIRREL

Sammy the Squirrel is allergic to nuts. He makes sure to stay safe by eating foods that are good for him and helps others by sharing the importance of allergen-free foods. There are nutritious and safe food alternatives out there for everyone!





LET'S GO ON A CULINARY ADVENTURE!

Three friends sat along the thick jungle trees, ready to begin their summer vacation. It was a warm, beautiful day. Jillian the Giraffe was listening to music on her phone. Hardy the Hyena was laughing at his latest comic book. Luke the Lion was focused on his yellow notebook.

"Why do you have a notebook?" Hardy asked Luke. "School's out!"

"I know," Luke replied with a sigh. He didn't want to think about school work on such a nice, sunny day. "But my teacher gave us a summer assignment. We're supposed to go on a nutrition safari to learn about health."

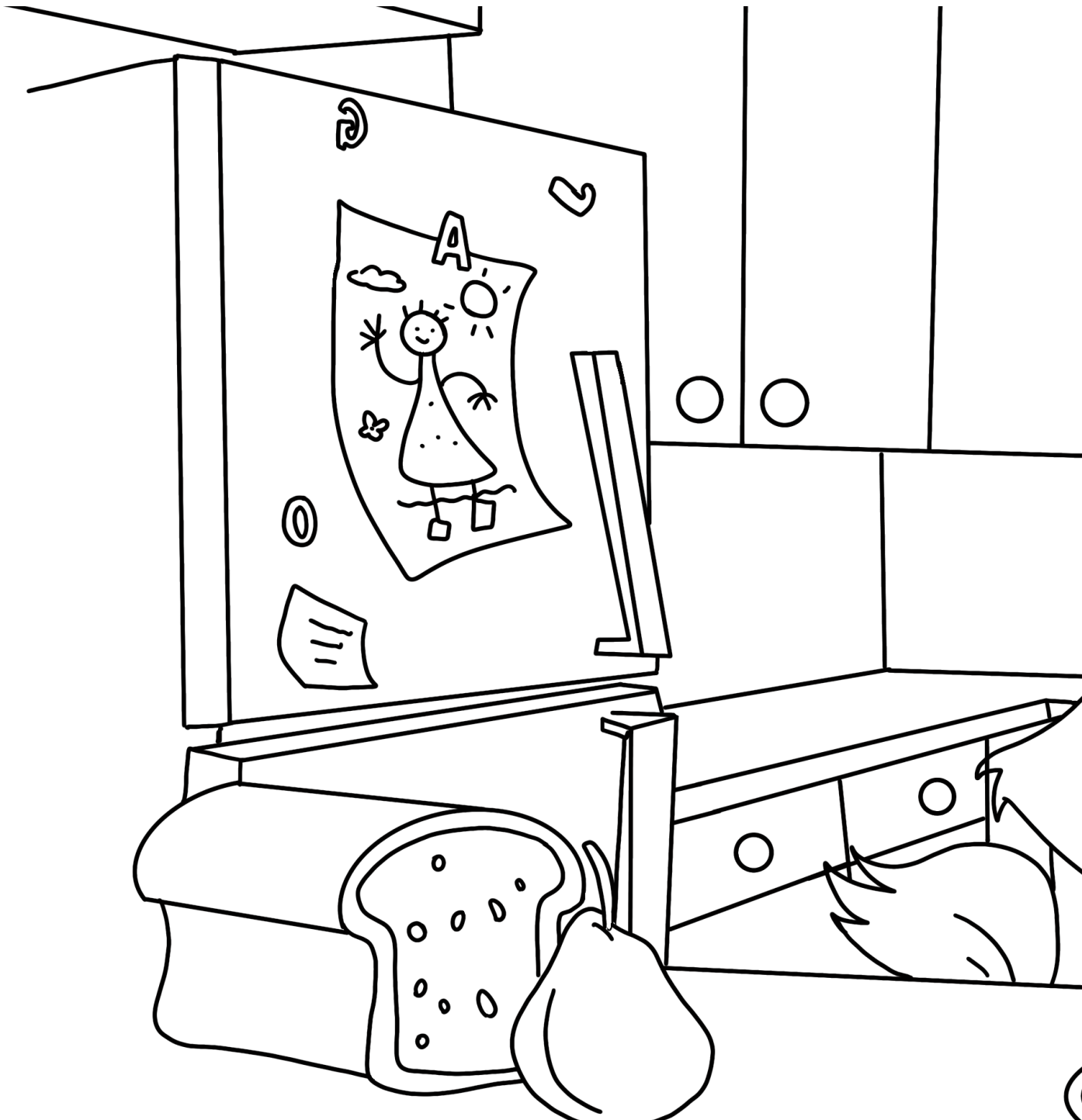
"A nutrition safari? What's that?" asked Jillian. She was a curious giraffe who liked to learn. A safari sounded very interesting to her.

"It's supposed to be an exploration of good habits, like eating nutritiously, staying active, and getting plenty of sleep. Almost like a scavenger hunt to find things that are good for our bodies."



"That sounds like a fun adventure to me!" said Jillian excitedly. "Can we come along?"

"Sure! Why not? Although, I'm not exactly sure where to start," Luke admitted. It was a big assignment, and he was afraid that it would ruin his whole summer. But maybe if his friends helped, it could actually be fun.



"Well, what did teacher say to do?" asked Hardy.

"We can do all kinds of things," Luke replied. "Like we can find foods that help us grow. We can ask our families what activities they enjoy. We can ask friends what they like to do to stay healthy."



"That doesn't sound too hard," Jillian suggested.

"No, I guess not," Luke agreed.
"Hey! What do you guys like to do to stay healthy?"

"My parents always tell me to 'Reach for my greens!'" said Jillian. She raised her extra long neck up into the sky to demonstrate just how high she could reach.
"I've learned to like all kinds of vegetables that way. Salads and raw veggies can be really delicious!"

Luke grabbed his pencil and started writing down some ideas in his notebook. He thought that Jillian's parents gave her really smart advice.



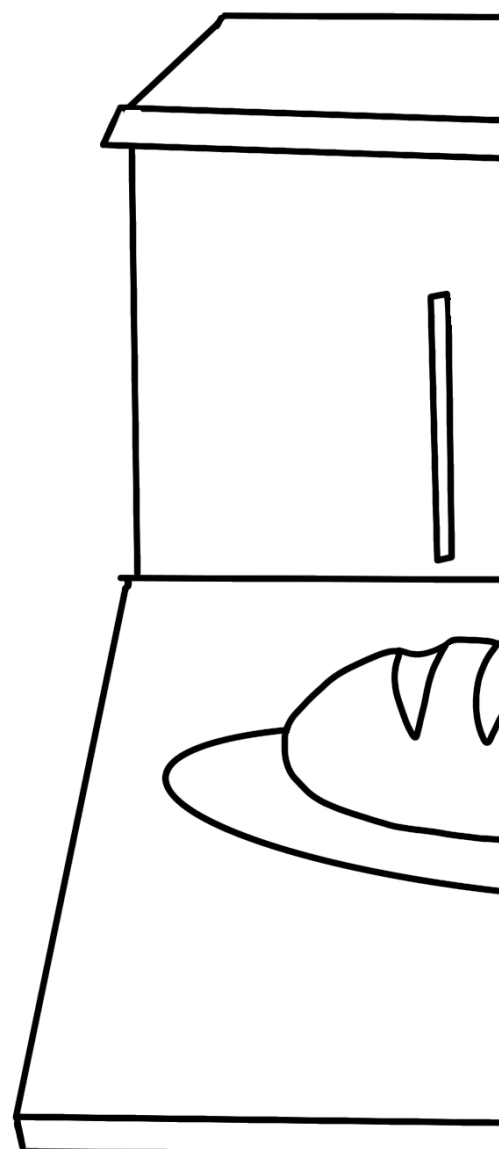
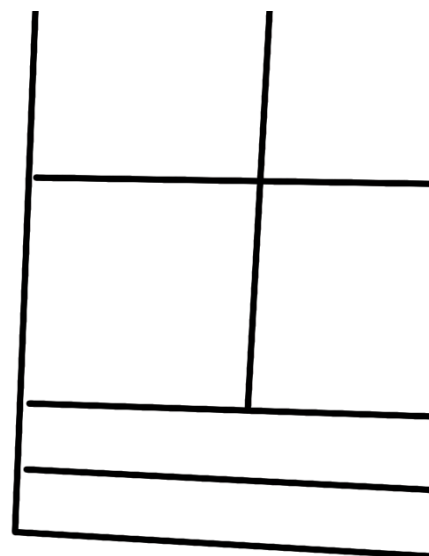


"What about you, Hardy?" asked Luke.

"Whole grains are really important in our house," he said. "My grandfather said that they are full of important vitamins and minerals that keep us full and energized."

"I think we're off to a great start!" Luke exclaimed happily. He was feeling better about making some progress on his assignment. He wondered what other exciting ideas he could find on this nutrition safari.

The three friends were excited about their new adventure. They decided to go for a walk through the jungle to see what else they could learn about good nutrition.





A few minutes later, they came upon a wise bookworm with his nose in a book. He was very interested in whatever he was reading.

"Hello there," called out Jillian. "I'm Jillian, and these are my friends, Luke and Hardy."

"It's a pleasure to meet you," the bookworm replied. "My name is Walter."

"What are you reading?" asked Hardy.

"It's about plant-based foods. Did you know that plants can provide just as much protein and fuel as meat? Plus, eating plants is better for the environment. This chapter is about planting your own garden," Walter shared with authority.

The friends all looked at each other in surprise. This was exactly the kind of information they were looking for!

"I never thought about planting my own vegetables!" cried Jillian. "What a wonderful idea!" She immediately began thinking of all the delicious foods she could grow in her backyard, like tomatoes, cucumbers, and lettuce. She wouldn't even have to reach for them!

Luke pulled out his notebook and began taking notes. Walter wondered why Luke was doing this.

"Are you a reporter?" Walter asked.

"No," Luke replied with a little giggle. He never thought about acting like a reporter. But that would be a fun way to ask these questions. He

could write a breaking news story for his assignment!

"My teacher asked us to learn more about nutrition over the summer. Your book sounds really helpful," Luke said.

"Oh, I have lots more I can share with you! Maybe I can come along on your adventure and learn more myself? I have an insatiable curiosity and I love to learn." Walter said.



"Of course!" Hardy exclaimed with glee. "The more the merrier!"

And so, the four new friends set off to see what else there was to learn about the world around them. Soon, they heard some squawking coming from behind a nearby shrub. They were startled when a very colorful toucan bird popped out in front of them.

"One. Two. Three," she counted while she touched her toes. She was too busy to see the friends approach her.

"Excuse me," said Walter politely. "What are you counting?" He was confused because she didn't seem to have anything in her wings to count.

"Oh, hello there!" she smiled. "I'm counting how many times I reach up and down. It's part of my daily fun activity routine. I love to stretch every day."

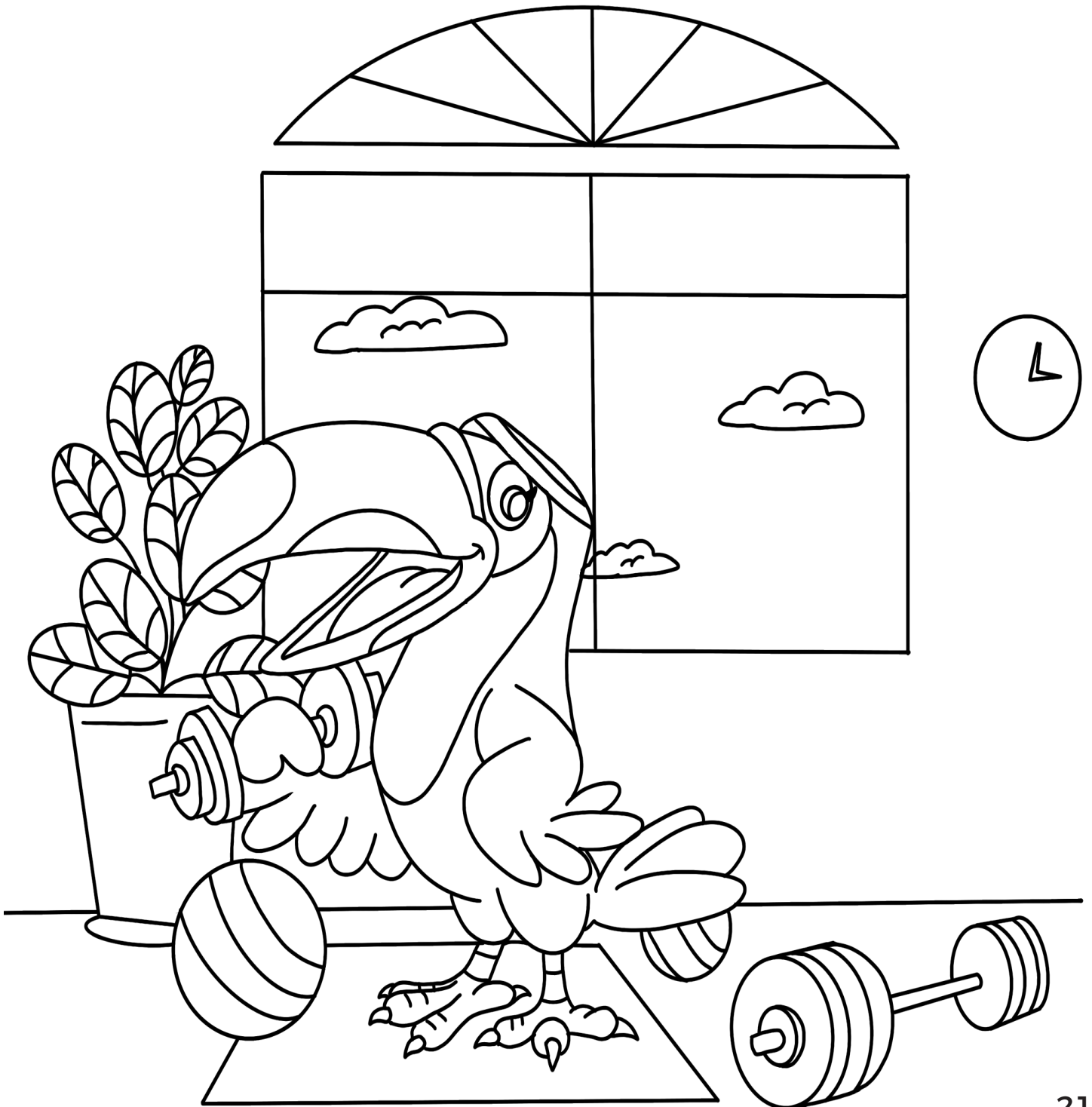
"Stretching is fun?" Hardy asked. He was confused. He thought fun activities were only things like running or playing sports. He didn't understand how stretching could be fun.

"Absolutely!" the energetic bird replied. "Stretching helps your body to become more flexible. When your body is more flexible, you can play safer. It helps to build your muscles, too."

"How interesting!" Walter decided. "What's your name?"

"Talía the Toucan. And I can tell you so much more about fun physical activities, if you'd like," she said when she noticed Luke taking notes.

"I would like that very much," Luke said with a smile. They invited their new friend along on their journey so they could all learn more about different kinds of fun physical activities. Luke was pleased with how much information he was already gathering for his nutrition safari assignment.



The friends were getting hungry after so much talk about food. They gathered some berries and nuts from the jungle and stopped to have a picnic. They ate and talked about a lot of new ideas they had learned from each other.



As they were talking, a shy little squirrel with a dark green bowtie approached to say hello.

"Hi," he said quietly. "I'm Sammy the Squirrel. May I join you?"

"Of course," said Jillian. She made a space for Sammy next to her on the picnic blanket. They all introduced themselves and started telling Sammy all about their safari lessons.

"Wow! It sounds like you learned a lot today!" Sammy said. He smiled, happy to have met some new friends.

"We sure did!" said Hardy. "Hey, want some? We have plenty." But Sammy's smile went away when Hardy offered him some of the nuts they had gathered.

"No, thank you," he said sadly. "I can't eat nuts. I'm allergic."

"Allergic?" Luke asked.

"Yes. Nuts are not safe for me to eat," he responded.

"Will I get sick?" Talia asked with her eyes opened wide. She just ate a big handful of nuts and was worried.

"Not if your body is okay with them," he explained. "Allergies are different for everyone. We don't all have the same ones because our bodies are all different, and I need to be very careful to avoid foods that contain what my body is allergic to. It's also important that those of us with food allergies always check with the school nurse or our guardian before trying something new."

"How can we help?" Walter asked.

"Well, first, it's good to know the top nine allergens. They are nuts, tree nuts, eggs, soy, fish, shellfish, milk, wheat and sesame. Then, before you have a gathering, you check to see if anyone has an allergy to any of them or any other ingredient you plan to share. If they do, you can protect them by keeping the allergen away. If no one has an allergy, then they are safe to include on the menu."

"That sounds like a pretty important nutrition tip to me," said Luke. "We should care about other bodies as much as we care about our own."

The group of friends all nodded in agreement and decided to remove the nuts from the picnic to keep Sammy safe. They spent the rest of the afternoon enjoying berries and talking more about their new healthy lessons.

Soon, it was time for the friends to part and head back home. They all agreed to meet up the next day to share even more ideas. Even though Luke had everything he needed for his assignment, they all wanted to keep on learning how to live a healthy, active life.

Jillian could not wait to begin planting a garden with Walter's help. Talia was going to teach Hardy some basic stretches he could do every morning before running. Luke and Sammy decided to work together to help educate their community about allergies and protecting each other.



Going on a nutrition safari was turning out to be a very fun summer adventure after all. ■

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