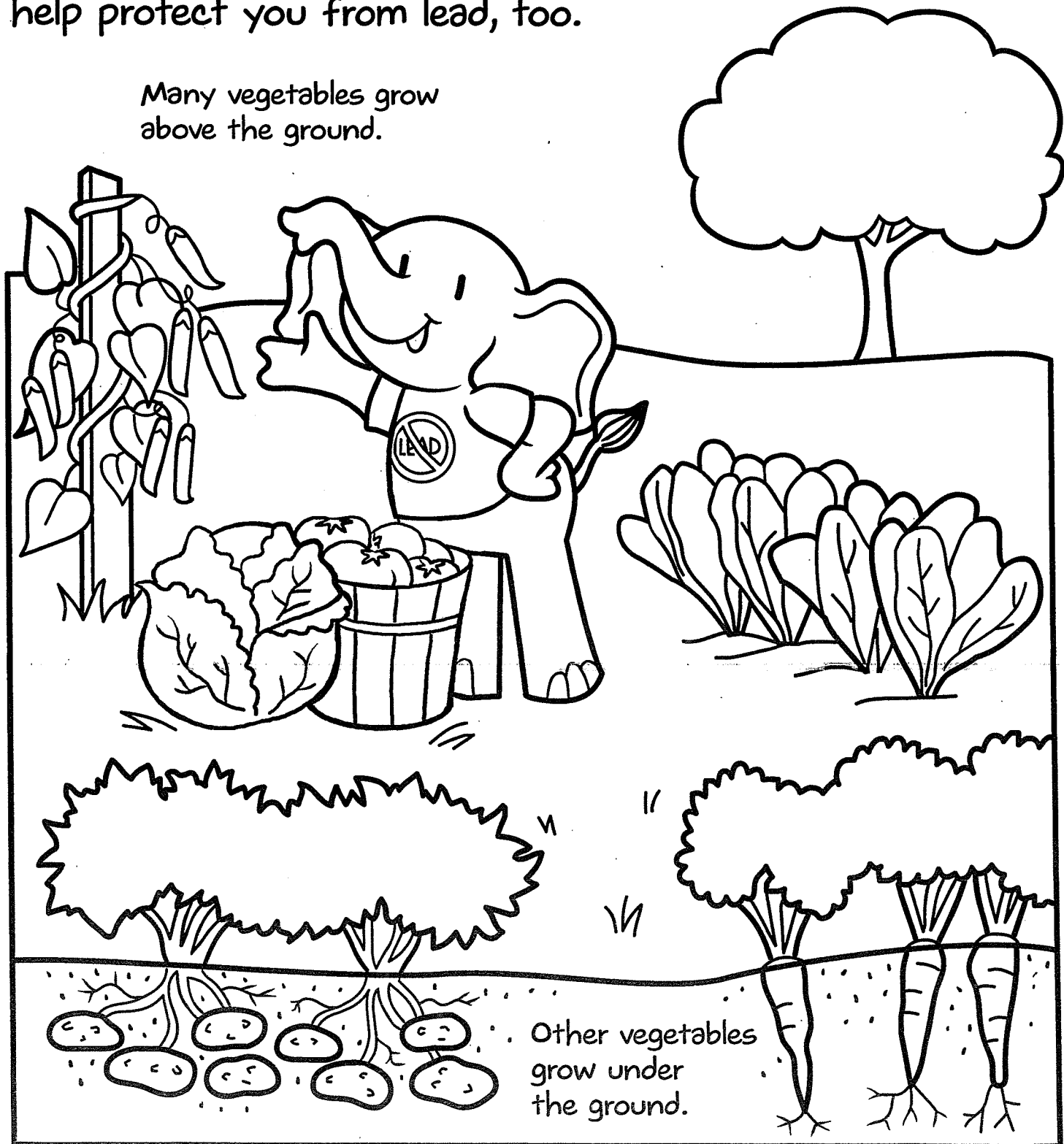


# VEGETABLES

These foods are good for your eyes, skin and gums. Many are high in vitamin C. Vitamin C can help protect you from lead, too.

Many vegetables grow above the ground.





1179 Westwood Drive, Suite 300  
Van Wert, Ohio 45891

*Van Wert County*  
*General Health District*

419-238-0808 Fax 419-238-9571  
[www.vanwertcountyhealth.org](http://www.vanwertcountyhealth.org)

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## Coloring Contest Release

Name \_\_\_\_\_

Age by August 1, 2022 \_\_\_\_\_

I \_\_\_\_\_ release the use of the  
Child's Drawing/color page to be used for the education purposes and to be used on  
Social media for the Van Wert County Health Department, in  
Van Wert Ohio.

Guardian's name and signature \_\_\_\_\_

Date \_\_\_\_\_

Please drop off or mail to address above by October 31<sup>st</sup>, 2022.

Winners to be announced on November 23<sup>rd</sup>, 2022