



Hi, I'm Kale Tail! I'm a skunk who **LOVES** leafy greens, like kale. Would you like me to teach you all about skunks and kale?

Fun fact: You'll often smell skunks before you see them! They hide in woodland and spray a stinky smell to scare off predators. Skunks will snack on anything they can find, including kale! Kale is a superfood that will make you feel like a superhero! It's loaded with vitamin A and C, plus calcium for strong bones



Kale has DOUBLE the amount of vitamin C as spinach, which helps your body absorb iron for big, strong muscles! Why not try kale in a salad, soup or smoothie?



You can be a superhero for the animals and eat plants like kale!