



This week our family will:



Eat a dark green, red, or orange vegetable at dinner each night



Switch to a whole grain cereal for breakfast



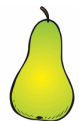
Drink fat free or low fat milk



Eat beans or peas at dinner at least once



Drink water instead of soda or other sweet drinks



Enjoy fruit for dessert

Want to make some changes?

It's easy to edit this list at TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

