



## 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

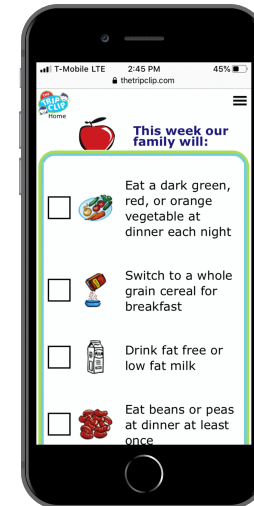
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