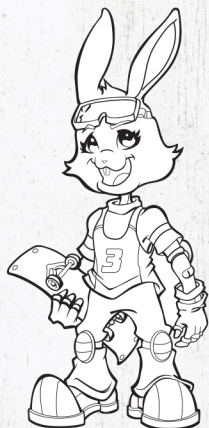




FAMILY MEAL TIME!

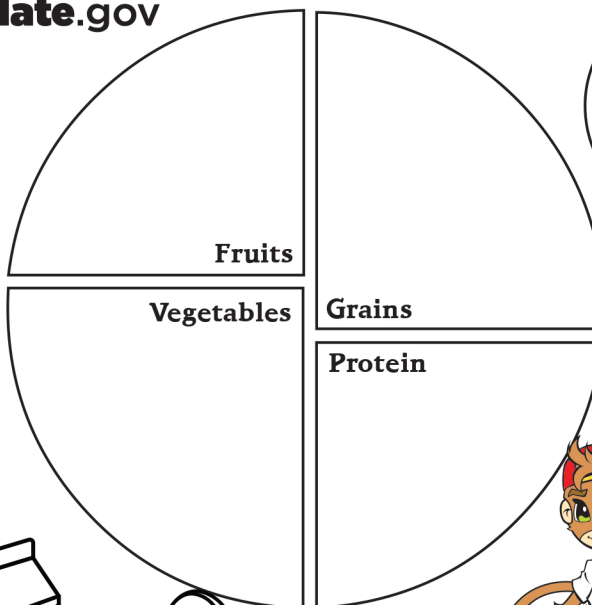


HELP THE KIDS CREW FIND THEIR FAVORITE FOODS!

Getting kids involved in planning family meals can be a great way to encourage kids to be more involved in the kitchen, try new foods, become more invested in their nutrition and create a happy successful family meal.

GRAB YOUR KIDS CREW CRAYONS AND PLAN FOR DINNER TONIGHT

MyPlate.gov



Dairy

Fruits

Vegetables

Grains

Protein

CAN YOU PLAN A MEAL THAT INCLUDES ALL THE CHARACTERS (FOOD GROUPS)?



1 HOW DO OATS SEND LETTERS?

2 WHAT'S A TAXI DRIVER'S FAVORITE VEGETABLE?

3 WHERE DID THE SPAGHETTI GO TO DANCE?