



Healthy Choices Count!

# NOVEMBER FEATURE

*Healthy Family Fun*

## STRATEGY 1

Limit unhealthy choices for snacks and celebrations, while providing healthy choices

### DID YOU KNOW?

Kids who eat regularly with their families are more likely to eat fruit, vegetables, and whole grains. Plus, 91% of parents say their families are less stressed when they eat together!

### GET INVOLVED IN THE KITCHEN!

Making fruits and veggies into tasty meals and snacks with your family is a blast! Ask your parents to help you get involved in the kitchen measuring ingredients, taste testing, and cleaning up! Before you know it you'll be a cooking pro!

### FIND YOUR FAVORITE RECIPE

The Spend Smart. Eat Smart. website offers tons of healthy recipes that are tasty and affordable for everything from snacks, to meals, side dishes, and desserts. Just search Spend Smart. Eat Smart. online with your parents and make meal plans together to find your new favorite family dish!

