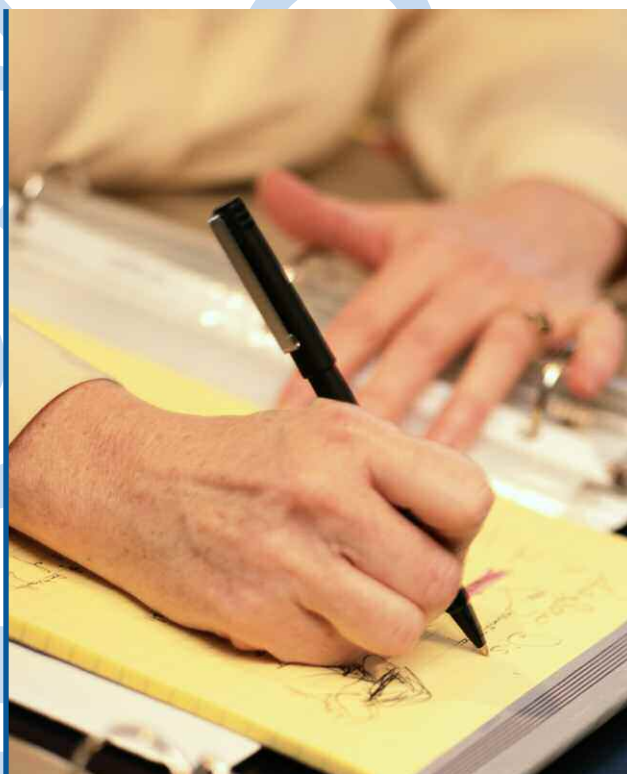


EATING SMART AT HOME



PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.



SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



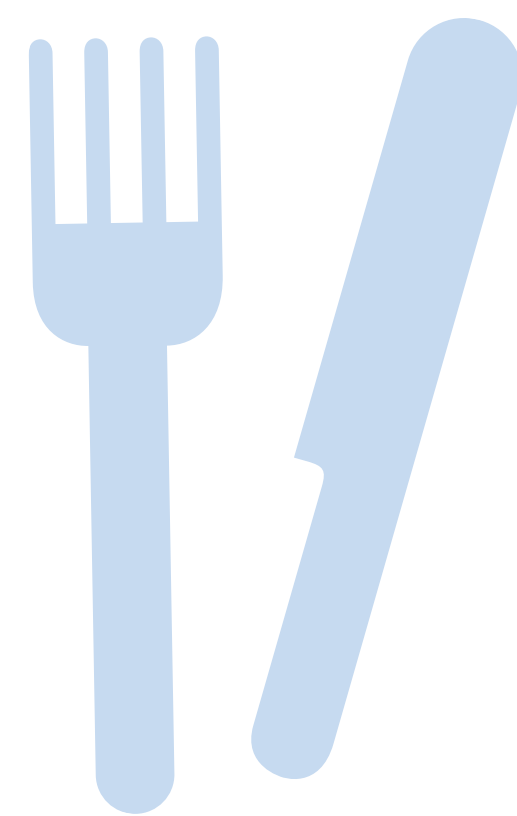
FIX

Stick to your plan for your meals. Make simple healthy meals for your family.



EAT

Eat together as a family without the TV.



EATING AT HOME = EATING HEALTHY