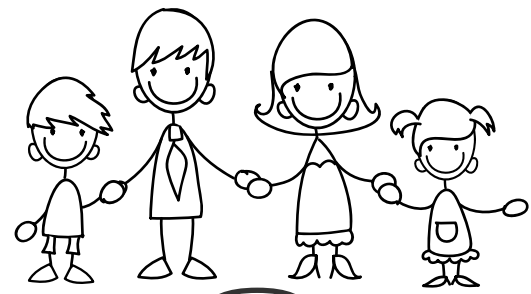


Family Connections: Healthy Family Meal Planning

As a family, work together to come up with a healthy meal to share.

Step One. Find a recipe online, in a cookbook or family favorite.
Write down the recipe below.

Step Two. Create a shopping list of what you need.



Recipe

Step Three. Draw a picture of your family.

A large, empty rounded rectangular box intended for a child to draw a picture of their family.

Shopping List

Step Four. Explain why this recipe is healthy.

Why is this meal healthy for us?

The _____ Family

Step Five. Return to your child care provider to share with other families.

This institution is an equal opportunity provider.



Visit cacfp.org for more information.
CACFP is an indicator of quality Child Care.