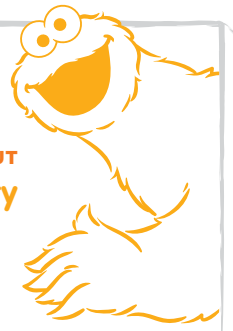




food for thought

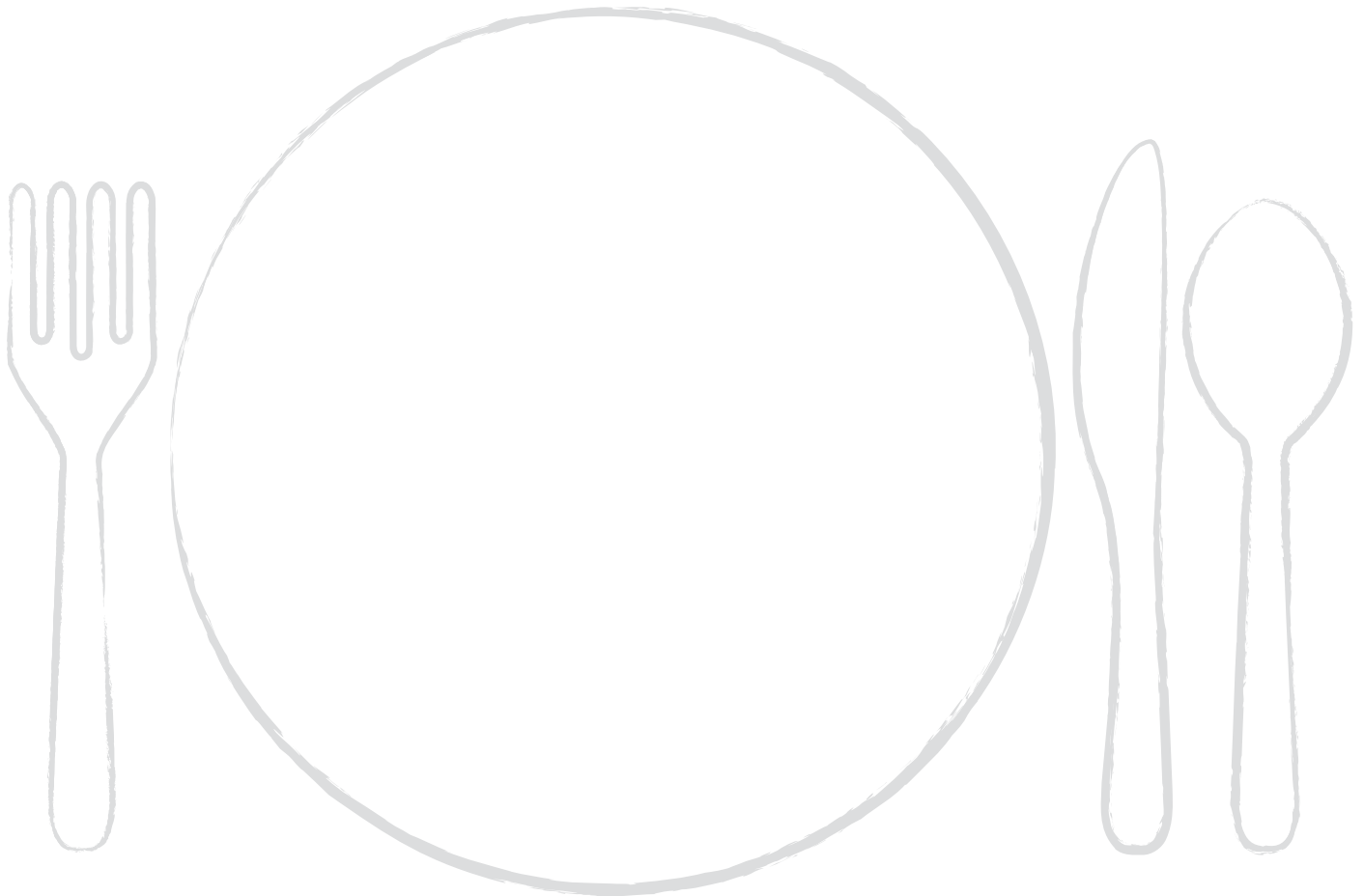
EATING WELL ON A BUDGET™

FAMILY HANDOUT
Family Activity



My Super Foods

Together, build a plate of super “anytime” foods. You could draw healthy snacks or create a whole meal. Which are your favorite foods? What do they taste like?



“Anytime” foods are super foods because they keep your body healthy and strong. They are so good for you that you can eat them anytime. “Sometime” foods are usually fatty, sugary, or salty. Eat these foods once in a while.