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| --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast*Children who eat breakfast often make healthier food choices throughout the day.* |  |  |  |  |  |  |  |
| Lunch*Eating 5 or more servings of fruit or vegetables per day can reduce your risk of heart disease and strokeby about 20%.* |  |  |  |  |  |  |  |
| Dinner*Save time on a busy night by batch cooking soups, stews and casseroles.* |  |  |  |  |  |  |  |
| Snack*Aim for 2 food groups with each snack.* |  |  |  |  |  |  |  |