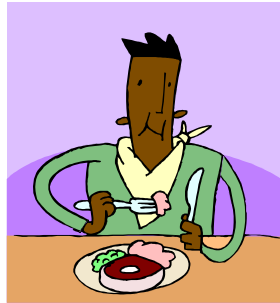


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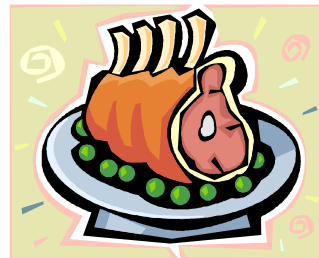
Mealtimes are Good Times

Eating dinner together every night keeps the doors of communication open. It is the perfect time to reconnect and to show your kids they are your top priority. Sitting across the table, you can find out about your child's daily life.



Try not to nag,
fuss or force.

Offer nutritious
choices.



Let your child help.

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