NOVEMBER

Good Nutrition begins at home

Below are some easy changes

Fruit instead of candy

Water instead of soda

Baked instead of fried

Wheat instead of white (bread)

Salad instead of fries

Carrots instead of chips

Yogurt <u>instead of</u> ice cream

These easy changes can make a <u>BIG</u> difference for your child



National Awareness Flyers



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