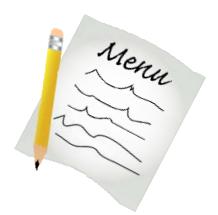
Plan Ahead to Eat Healthy!



Planning What to Eat

- I made a menu, which included a variety of foods.
- I made a shopping list.
- ☐ I took my list with me to the store.

Shopping

- I made healthy choices.
- ☐ I read labels.
- ☐ I tried store brand products.
- □ I compared prices!



