

CATCH Our Family Eating Healthy

Student Name _____

Classroom Teacher _____

Write your nutritious food choice in a heart each time your family picks a healthy snack or has a healthy meal. Please return this to school when all 15 hearts are filled in, to be entered into a drawing for a fun family prize on February 26th. You can enter as many sheets as you fill out.

Take a picture and email to Mrs. Herbert, or give to your teacher, or drop off in the turn-in box in front of the school. There will be more copies ready.

Ideas: carrots or celery with ranch, orange slices, apple slices with peanut butter, grapes, cheese & crackers, nuts, dried fruit, drink water instead of soda or juice, have salad with dinner, baked chicken, cooked vegetables, frozen yogurt instead of dessert.

A grid of 15 empty heart outlines arranged in three rows of five. The hearts are red outlines on a white background, intended for students to write their family's healthy food choices in.