
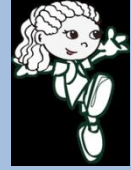
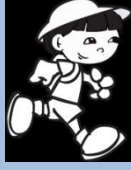
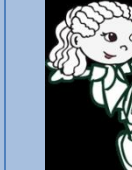
















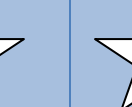







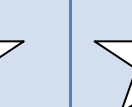







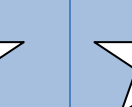







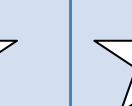













KIDS' SUMMER LUNCH BUNCH

AT-HOME EXERCISE, READING AND NUTRITION CHART

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise 30 min. per day 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 
Read or be read to for 30 minutes per day 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 	30 min. 
<u>Eat Grains</u> look for whole grains 							
<u>Eat Veggies</u> choose different colors to eat 							
<u>Eat Fruits</u> Eat more fruit, 							
<u>Eat Milk - Dairy</u> Go low fat or fat free 							
<u>Eat Meat/ Beans</u> try some fish and nuts 							

Bring this form back, completed the best you can, to Lunch Bunch next week and receive special charms for eating healthy, exercising and reading. Pick up forms at Lunch Bunch or at www.kidsummerlunchbunch.org