

RECIPE
**FOR A
HEALTHY KID**

Start with a
tummy full of
healthy food



What is your kid's favorite
healthy meal/snack?



RECIPE
**FOR A
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Stir in a cup
of physical
activity



What gets your kid
moving?



**RECIPE
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Add a
tablespoon
of laughter



**What is your kid's
favorite joke?**



**RECIPE
FOR A
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Mix in
a pinch of
curiosity



**What are your kids
curious about?**



RECIPE

FOR A HEALTHY KID

Sprinkle
with a dash
of fun!



What does family fun look
like at your house?

