

GOALS



MY HEALTHY PLATE

Select one goal you would like to work on for the week.

- Use My Healthy Plate to plan 2 dinners this week.
- Plan a meal with your child using My Healthy Plate.
- Use My Healthy Plate to plan 2 lunches this week.



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METAS



MI PLATO SALUDABLE

Seleccione una meta en la que le gustaría trabajar esta semana.

- Use Mi plato saludable para planear dos cenas para esta semana.
- Planee una comida con su niño utilizando Mi plato saludable.
- Use Mi plato saludable para planear 2 almuerzos esta semana.



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