

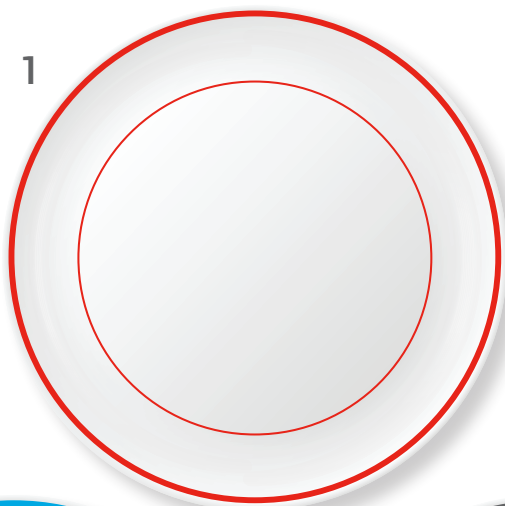


# Family Meals Tracker

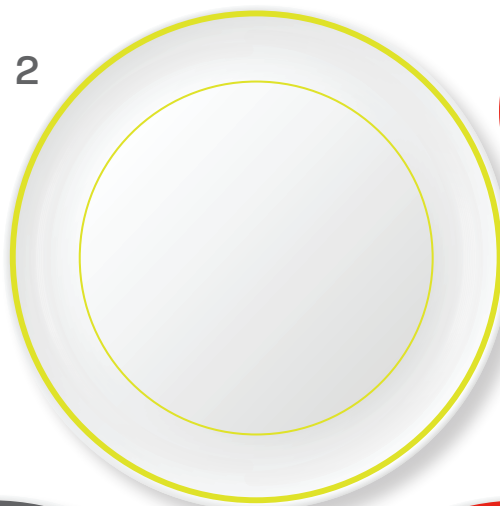


Challenge your family to eat 7 meals together this month.  
Show us what you ate for your family meals by drawing them on the plates below!

1



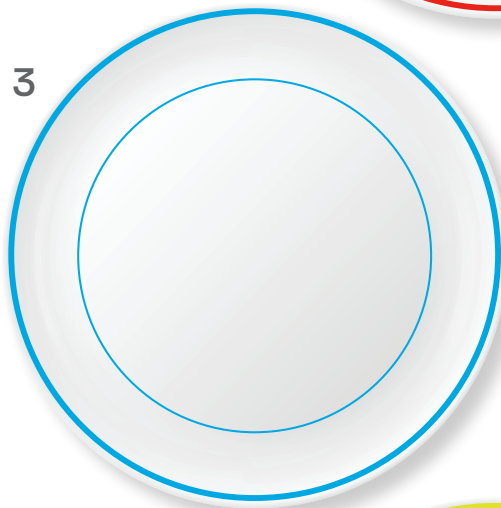
2



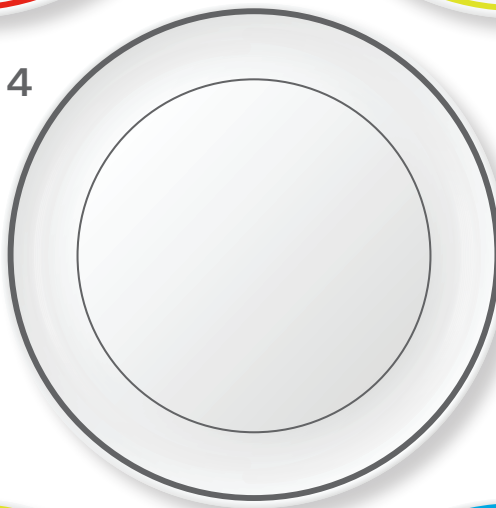
**Pro tip:**

Let the kids help in the kitchen to make mealtime a whole family experience from start to finish!

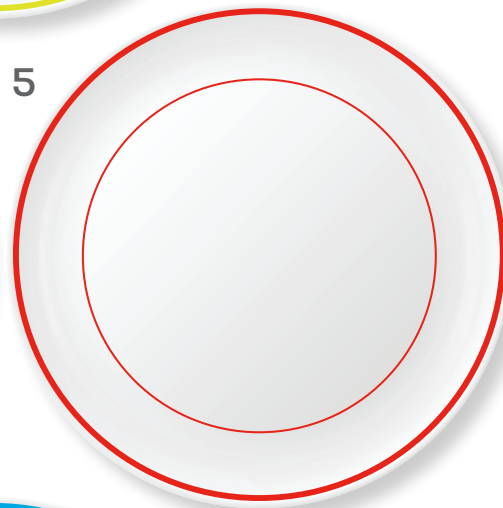
3



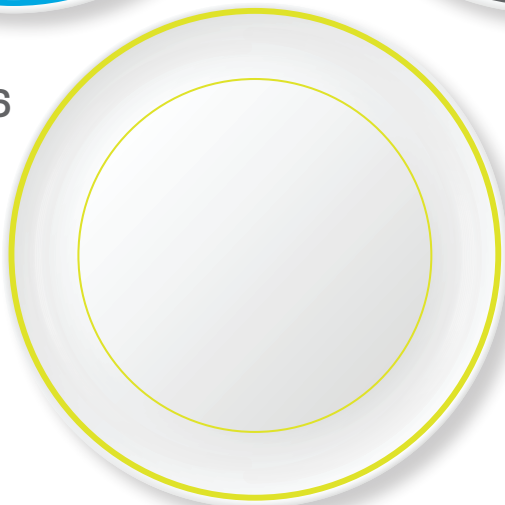
4



5



6



7



**JOIN THE CLUB**

Or submit your challenge for the chance to win prizes!



Family meals matter!  
Scan the code for recipes,  
videos and dinner time  
conversation starters!