We caught your child making healthy food choices at the CATCH KIDS CLUB. Now, catch something healthy at home!

- Did you know that your child loves …..  
  - Asparagus  
  - Apples  
  - Ants on a log  
  - Broccoli  
  - Beans  
  - Bananas

- Did you know that your child knows how to find nutrition facts on a carton of milk? (Ask him/her to explain)

- Ask your child to tell you what foods are high in fiber.
- Ask your child to tell you the 5 food groups.
- How about going on a new food adventure with your child tonight? (Try apples and yogurt, dynamite sticks, cracker delights, stellar sundaes.)