



FAMILY HUDDLE

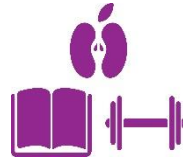
GO, SLOW, WHOA Foods

Educate the family on healthy eating choices.

Learn the differences between GO, SLOW, and WHOA foods.

We like to reference this printable list:

http://catchinfo.org/wp-content/uploads/2014/10/GSW_with-Intro_reduced-format_English-1.pdf



HEALTHY SPIRIT, MIND, AND BODY

Get Creative!

Name three ways your family can eat more GO foods!

- 1) _____
- 2) _____
- 3) _____



MORE ACTIVITY, MORE FUN

Choose GO Foods Most Often

- "GO" foods provide vitamins, minerals, protein, and fiber.
- These foods can be eaten anytime and are the lowest in fat, added sugar, and calories.
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HOMEWORK HELPER

Homework Fun!

Print the list (from the first section) and count how many of each GO, SLOW, and WHOA foods you have in your house.

GO foods: _____

WHOA foods: _____

SLOW foods: _____