


The Kids Cook Monday!

Family Dinner Date APRIL 2016



Food For Thought!

Only one of every 20 peas is sold fresh, the rest are frozen! Frozen peas are convenient and just as healthy as fresh peas. Plus, a bag of frozen peas makes a great ice pack!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Take the whole family grocery shopping! 
3	4 Get ready for The Kids Cook Monday!	5	6 What would you do if you won the lottery?	7	8	9
10	11 What is your family cooking this week?	12 Mixing is a great task for young kids 	13	14	15	16 Is it ever okay to lie?
17	18 Let the kids pick the recipe tonight!	19	20 What superpower would you like to have?	21	22	23
24	25 The family that cooks together, eats together!	26	27	28 Reminder: Make half your grains whole! 	29	30