**Healthy Eating Tips:**

**\*Do a healthy eating pantry and refrigerator make-over. Get help at wholefoodsmarket.com**

**\*Look closely at food labels, teach kids to notice them too.**

**\*Set goals as a family. Write them on poster board and display them where you can see them each day.**

**\*Pack healthful snacks to prevent eating fast food.**

**\*Don’t eat past 6 pm.**

**Helpful Websites and Apps:**

**www.eatwell.com**

[**www.choosemyplate.gov/**](http://www.choosemyplate.gov/)

[**www.cookinglight.com**](http://www.cookinglight.com)

**[www.myrecipes.com/healthy-diet](http://www.myrecipes.com/healthy-diet)**

**[www.foodnetwork.com](http://www.foodnetwork.com) -check out Eating Healthy All Day Long**

**Apps:**

**Fooducate Cooking Fun For Kids: Healthy Recipes**

**Lifesum Food Traffic Light: Labels**

**Zipongo**