Mealtime is Family Time

Words might be forwards, backwards, or diagonal.

W H L G Y R N L D T C B X T
Y W Q R A Y E W U A A N U F
U F M S P V T H R L M E M C
I A X T M O M I T K W L M G
N M N E Y W T G W E Z Y P L
T I A E C K A E D G G Y R V
W L I G J J B E H O P O G P
S Y G D W H L G T P O O T S
S L A U G H E Q A A R F R X
A C O I J O Y H T L A E H L

FAMILY
TABLE
HEALTHY
LAUGH
FUN
TALK
FOOD
HAPPY
EAT
MEALS
JOY
TOGETHER

For tips and recipes, visit eatwellbewell.org.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Maricopa County call 602-542-9935, outside of Maricopa County call 1-800-352-8401.