

Mealfime is Family Time

Words might be forwards, backwards, or diagonal.

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Champions for Change Arizona Nutrition Network

W	Н	L	G	Υ	R	Ν	L	D	Т	С	В	Х	Т	
Y	W	Q	R	Α	Y	Е	W	U	Α	Α	Ν	U	F	FAMILY TABLE
U	F	Μ	S	Ρ	V	т	Н	R	L	Μ	Е	Μ	С	HEALTHY
Т	Α	Х	т	Μ	0	Μ	Ι	т	κ	W	L	Μ	G	LAUGH FUN
Ν	Μ	Ν	Е	Υ	W	Т	G	W	Е	Ζ	Υ	Ρ	L	TALK
т	I	Α	Е	С	Κ	Α	Е	D	G	G	Y	R	V	FOOD
W	L	I	G	J	J	В	Е	Н	0	Ρ	0	G	Ρ	HAPPY EAT
S	Υ	G	D	W	Н	L	G	Т	Ρ	0	0	Т	S	MEALS
S	L	Α	U	G	н	Е	Q	Α	Α	R	F	R	Х	JOY TOGETHER
Α	С	0	Т	J	0	Υ	Н	Т	L	Α	Е	н	L	

For tips and recipes, visit eatwellbewell.org.

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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.