



This new resource helps parents and caregivers with:

- **making healthy eating and physical activity part of special events and celebrations**
- **low-cost recipes and ideas to for better choices for kid-friendly entertaining**
- **tips for planning events for families, friends, and children**



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Discover more about

Create Healthy, Active Celebrations

on the FNS web page at:

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf>

