

Serious About Wanting To Improve Your Family's Healthy Eating Lifestyles?

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**Serious About Wanting To Improve Your Family's Healthy Eating Lifestyles?**

**By Etienne A. Gibbs, MSW, Management Consultant and Trainer**

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**Gibbs, MSW, Management Consultant and Trainer**

- \* Easy access to fast food for stressed out parents.
- \* Schools offer sodas and candies in their vending machines.
- \* Children are increasingly exposed to inexpensive, processed food choices.
- \* Examine the foods that are brought into the home for their nutritional value.
- \* Understand how to read nutrition labels.
- \* Decide, as a family project, the healthy menus and healthy choices of restaurant to frequent.

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, or email him at

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**Like To Eat – Go For It!**

**By Monique Rider**

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LIKE TO EAT - GO FOR IT!

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Like To Eat – Go For It!

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