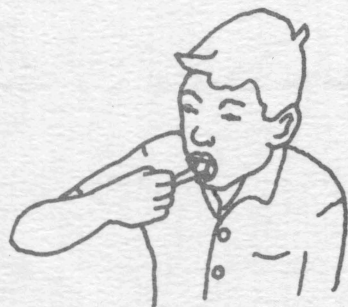


**CHILDREN
NEED
YOU!**

DID YOU KNOW THAT YOU CAN HELP THE CHILDREN IN YOUR NEIGHBORHOOD?



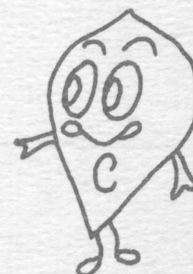
The Inside Story

You can help children learn about food through the Expanded Nutrition Program. It will take only a few hours of your time each week.

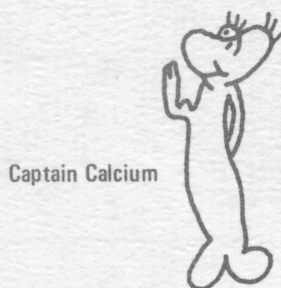
There are nine lessons. In each lesson children will learn

- What foods to eat and why
- How to cook
- How to buy and store foods
- How to be safe and neat in the kitchen

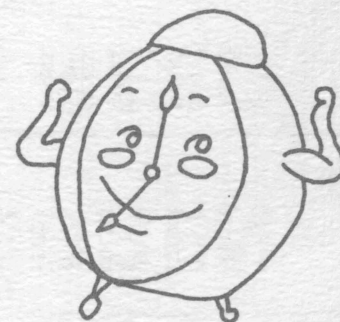
You will be given special help to show you how to teach the nine lessons. Food will be prepared at each meeting. Classes may be held in your home or any near-by meeting place.



Fun-Filled Fruits



Captain Calcium



Groovy Breakfast

The Milky Way



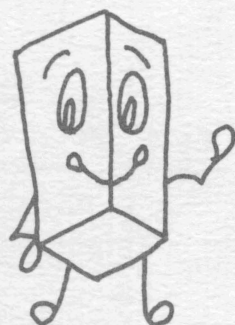
Vegetable Victory

You will learn new ways to prepare food for your own family. It will be fun, easy and exciting for you and the children will be glad you are helping them.

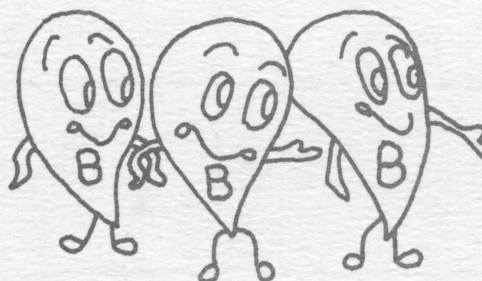
My name is:



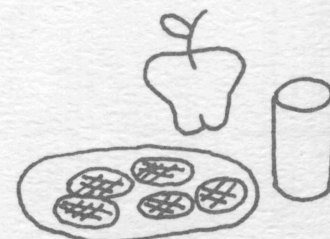
Do Your Thing Meals



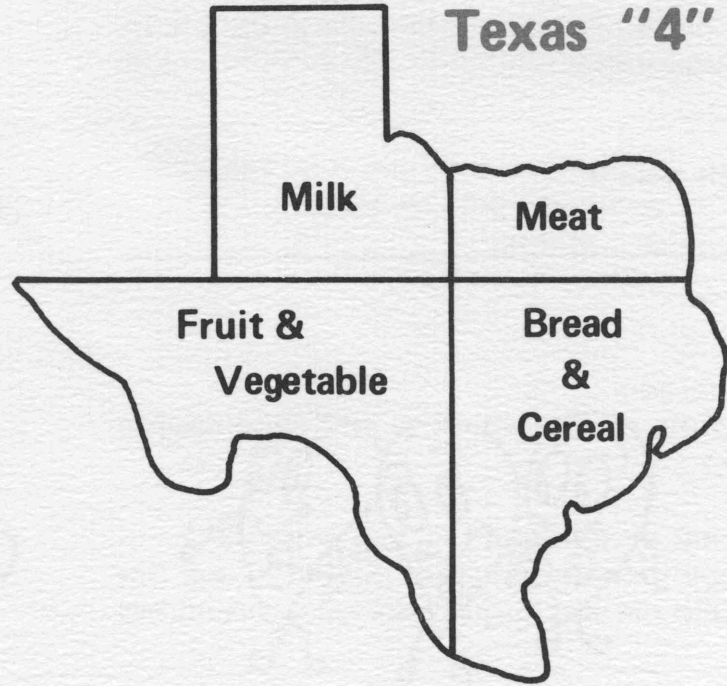
Mighty Meats



Blast Off With Breads And Cereals



Mini Meals With Appeal



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