

#### LITTLE CHEFS MAKING SALAD IN HEALHTY DIET DAY ACTIVITY

"Your diet is a bank account. Good food choices are like good investments"













### **ROLE PLAY- COMMUNITY HELPERS**

882

OMPETI



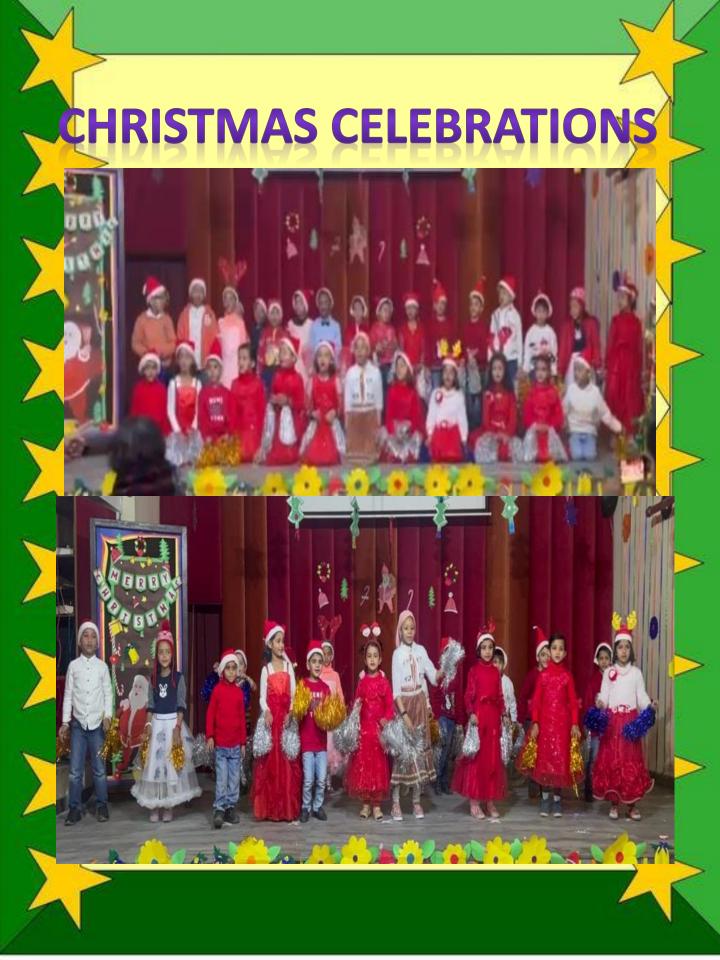








## CHRISTMAS CELEBRATIONS



# Christmas is the spirit of giving without a thought of getting



## The best way to spread Christmas cheer is, singing loud for all to hear







PARENTING TIPS

### Your children need your presence more than your presents.

Jesse Jackson 🍙

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