

Tip of the month! Prepare Meals Together!

This is a wonderful family-bonding time and kids love to feel as though they're contributing. Children are far more likely to dig into a new dish if they helped prepare it!



APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	