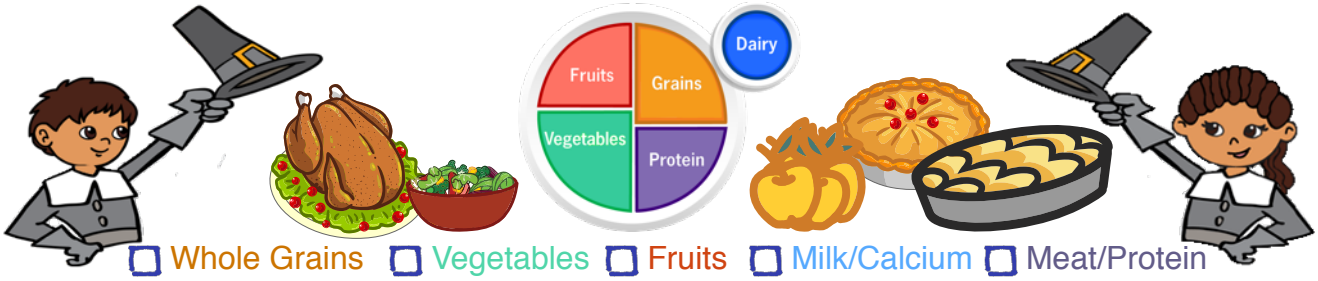
Chef Solus Thanksgiving Dinner Guest Planner



☐ Whole Grains ☐ Vegetables ☐ Fruits ☐ Milk/Calcium ☐ Meat/Protein

Family/Friend	Dish they will bring	Confirmed

A healthy Thanksgiving meal has
foods from all the food groups!

Visit www.ChefSolus.com for free kids' nutrition games, interactive word puzzles and fun healthy food activities!

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