

# SUPPERS

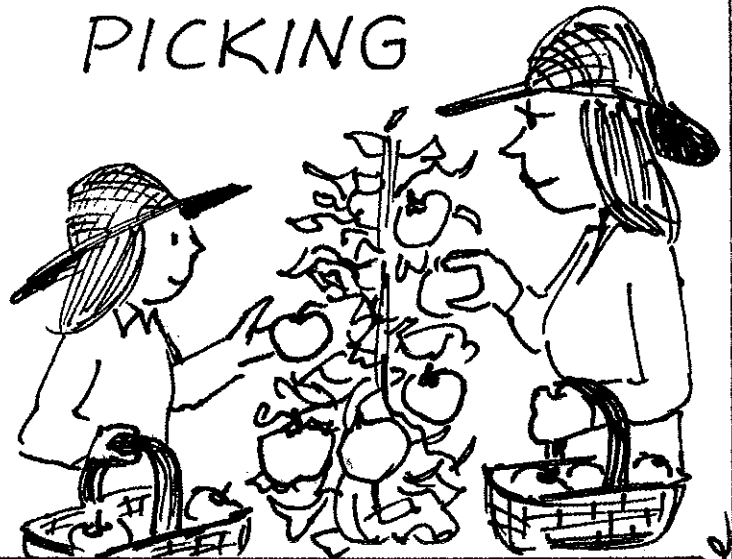
How do I even get my kids to eat real food?

The answer is simple, but it may not be easy!

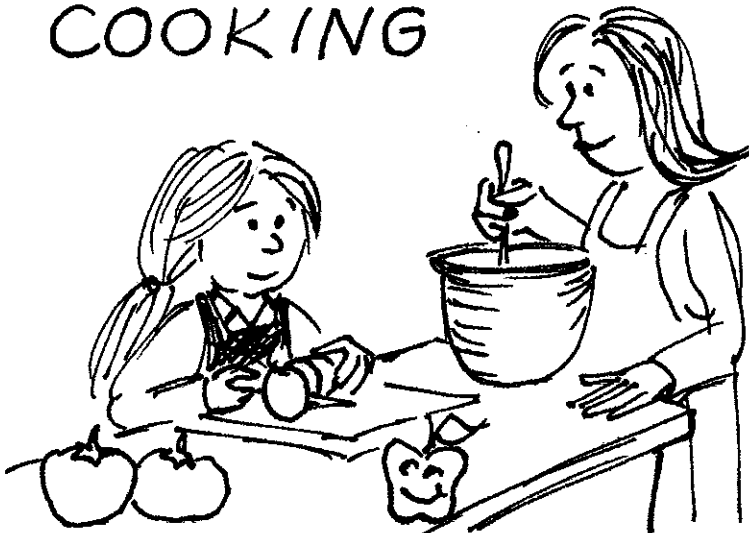
## PLANTING



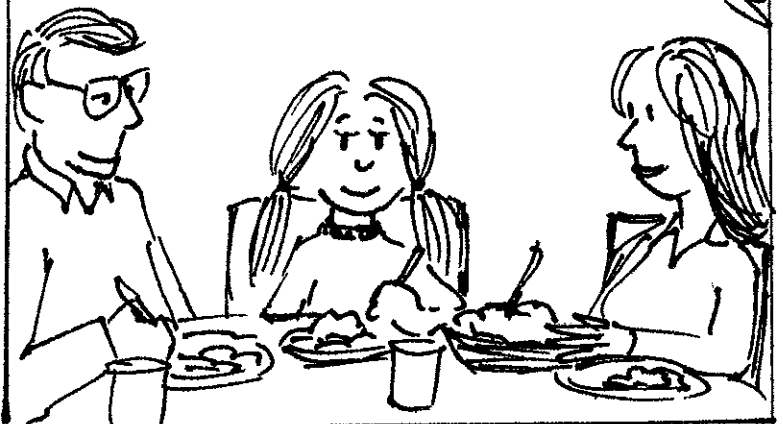
## PICKING



## COOKING



## EATING



The more kids are involved, the more likely they are to eat real food!

[www.TheSuppersPrograms.org](http://www.TheSuppersPrograms.org)

Wilkie