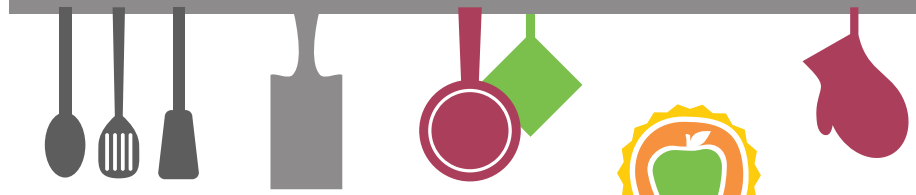




Mealtime is Family Time



Words might be forwards, backwards, or diagonal.

W	H	L	G	Y	R	N	L	D	T	C	B	X	T
Y	W	Q	R	A	Y	E	W	U	A	A	N	U	F
U	F	M	S	P	V	T	H	R	L	M	E	M	C
I	A	X	T	M	O	M	I	T	K	W	L	M	G
N	M	N	E	Y	W	T	G	W	E	Z	Y	P	L
T	I	A	E	C	K	A	E	D	G	G	Y	R	V
W	L	I	G	J	J	B	E	H	O	P	O	G	P
S	Y	G	D	W	H	L	G	T	P	O	O	T	S
S	L	A	U	G	H	E	Q	A	A	R	F	R	X
A	C	O	I	J	O	Y	H	T	L	A	E	H	L

FAMILY
TABLE
HEALTHY
LAUGH
FUN
TALK
FOOD
HAPPY
EAT
MEALS
JOY
TOGETHER



For tips and recipes, visit eatwellbewell.org.