FOOD AND MEAL PLANNIG CHART

nudging for kids

EXAMPLE	color	DRAW	PHOTO	SUN	MON	TUE	WED	THU	FRI	SAT
KID OF FAMILY										
KID OF FAMILY / COUSIN										
KID OF FAMILY / COUSIN										
MOTHER										
FATHER										
UNCLE										
AUNTIE										
GRANDPA										
GRANDMA										