



## SHOPPING LIST:

MI Foundati							
SUN	MON	TUE	WED	THU	FRI	SAT	
		Breakfast Lunch Dinner	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			

Use this calendar and create Your family meal plan. Benefits of Shared Meals: 1. Improves Communication 1. Improves Communication 2. Helps Teach Family Heritage 3. Nourishes a Family's Well-Being 4. Fosters Emotional Balance 5. Fuels Better Nutrition

STATER BROS.

Join the Movement • #FamilyMealsMovement