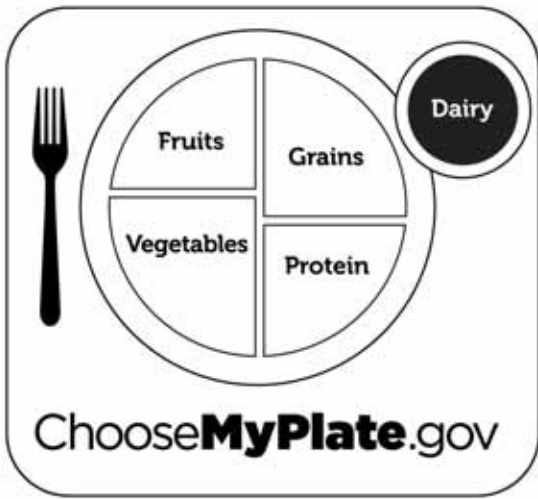




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## DINNER MAKES A DIFFERENCE

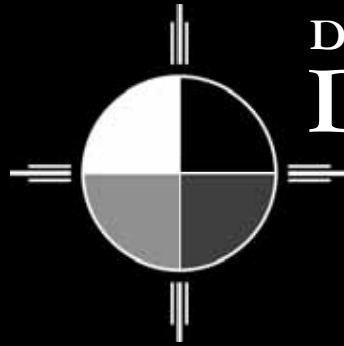
Eating Together As A Family HEALTH AND WELLNESS

With so much "on our plates," it can be a challenge to find the time to eat well. Here's a tool to make it just a little easier. Cut it out. Hang it on your fridge or tape it your pantry door. Put it in your wallet to give to your kids while you shop: do the portions in your cart match the portions on the plate? To make it more fun, do the following activity with Y Families this month:

While you're all still sitting down together at dinner this week (April 23rd is Dinners Make a Difference night!), take out the paper and crayons. Everyone draw a circle and, following the portion guidelines in the cut-out plate, draw your favorite foods in each category. Now, you have a personalized, artistic and inspired shopping list. *To your health!*

Look for more Dinners Make a Difference ideas throughout the year.

For more on healthy living, follow your Y:  



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People Powered Democracy Confronts Corporate Rule

**April 20th - 22nd 2012**  
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For more information and registration: [lanecc.edu/peacecenter](http://lanecc.edu/peacecenter)

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David Cobb Max Rameau  
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