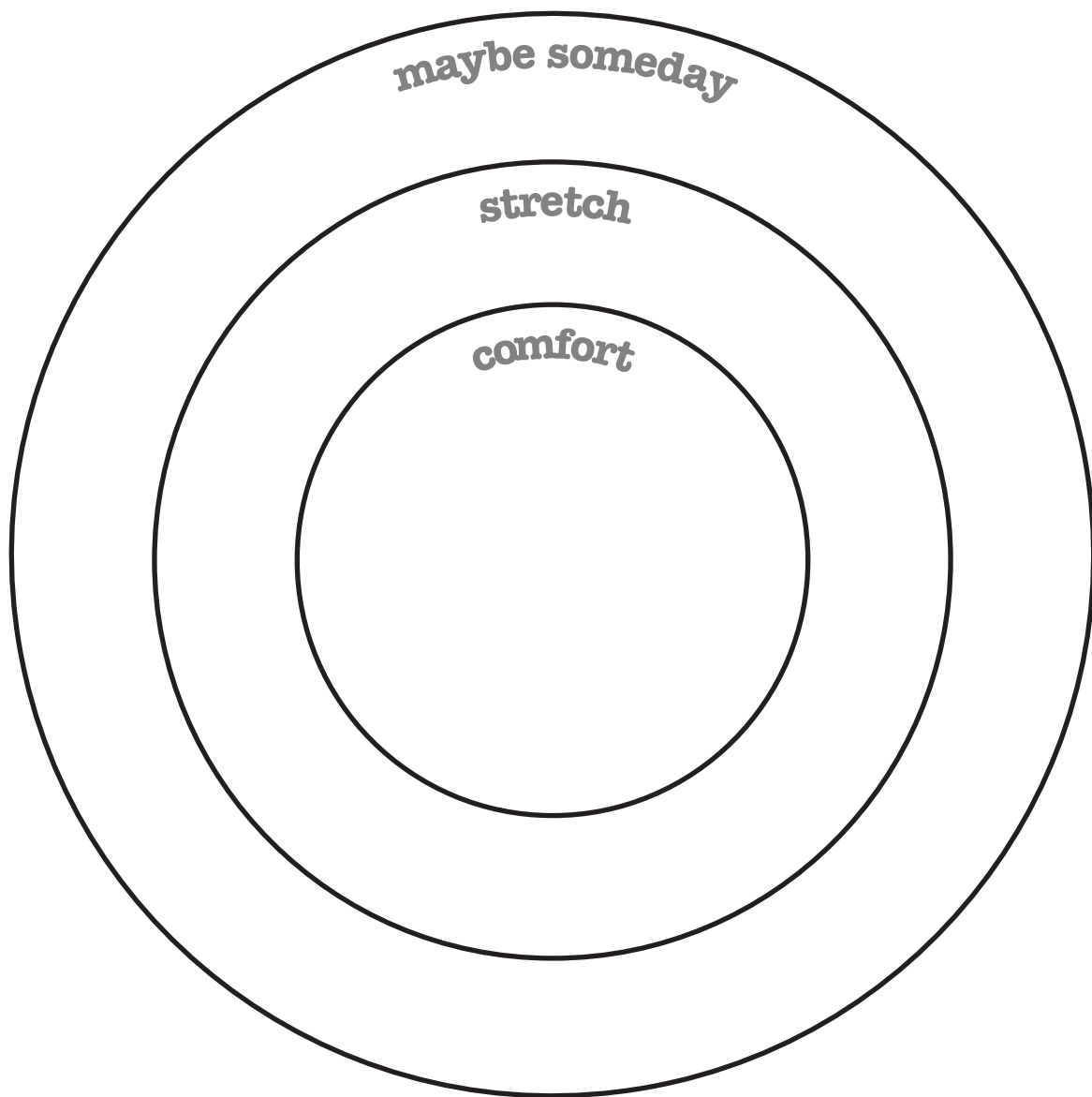


real food for real kids™

enabling & inspiring healthy eating™

learning happens outside of your comfort zone!

use this printable with your family to consider which foods you're **most comfortable** with, which are a **bit of a stretch** for you, and which are parked in the **maybe someday**, category.



#RFRKeveryday