Ms. Howard’s Health News

Here are a few things you can do without having to stay on the computer, you can print them out or just copy them onto paper.

1. A Day in the life of....
2. My Menu Planner
3. My Plate Explained
4. Serving MyPlate to MyFamily
5. Snacks Of Champions
6. Measuring up Balanced Meals
7. Food Writer
8. How Long Do I Wash My Hands

If you have any questions, please contact me.

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