



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

Let's plan a meal -
and cook together.



Eat Right Montana Screen-Free Fun Tips



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Let's go outside - and see
how many birds (or flowers
or trees) we can count.



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Let's find crayons, markers,
and paper - and draw silly
pictures of each other.



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Let's each choose our
favorite board or card game
- and play together.



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