



WEEK 5

Putting It All Together



REFLECTING ON YOUR WEEK

- What made you choose the extension activity you selected this week?
- What activities from this challenge do you plan to keep doing in your family and why?
- What are you looking forward to with the Dinner Demonstration event?

SHARE YOUR THOUGHTS

Please share your reflections with our team about your experience this week.

[**CLICK HERE FOR THE 2-QUESTION SURVEY**](#)

RESOURCES TO CONSIDER

Take a look at these resources to learn more and explore this topic a little more on your own:

[Spend Smart, Eat Smart](#): Tools, recipes and tips for healthy eating on a tight budget.

[Eat Right When Money is Tight](#): Tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

AT A GLANCE

FAMILY MEALTIME CHALLENGES

- Week 1: Explore New Food
- Week 2: Family Meal Structure
- Week 3: Increase Family Bonds
- Week 4: Kids in the Kitchen
- **Week 5: Pulling It All Together**

DINNER DEMONSTRATION EVENTS

Benzie and Leelanau County families, your Dinner Demonstration event will be Tuesday, March 12, from 5:30-7:00. More information to follow!

MEGAN DOWNER

Lake Ann Parent to Elliana and Maisie Grace.
Speech and Language Pathologist, CLC

For over 10 years, Megan helps families across a spectrum of ages (birth-geriatric). Her interest in feeding therapy and is credentialed as a



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