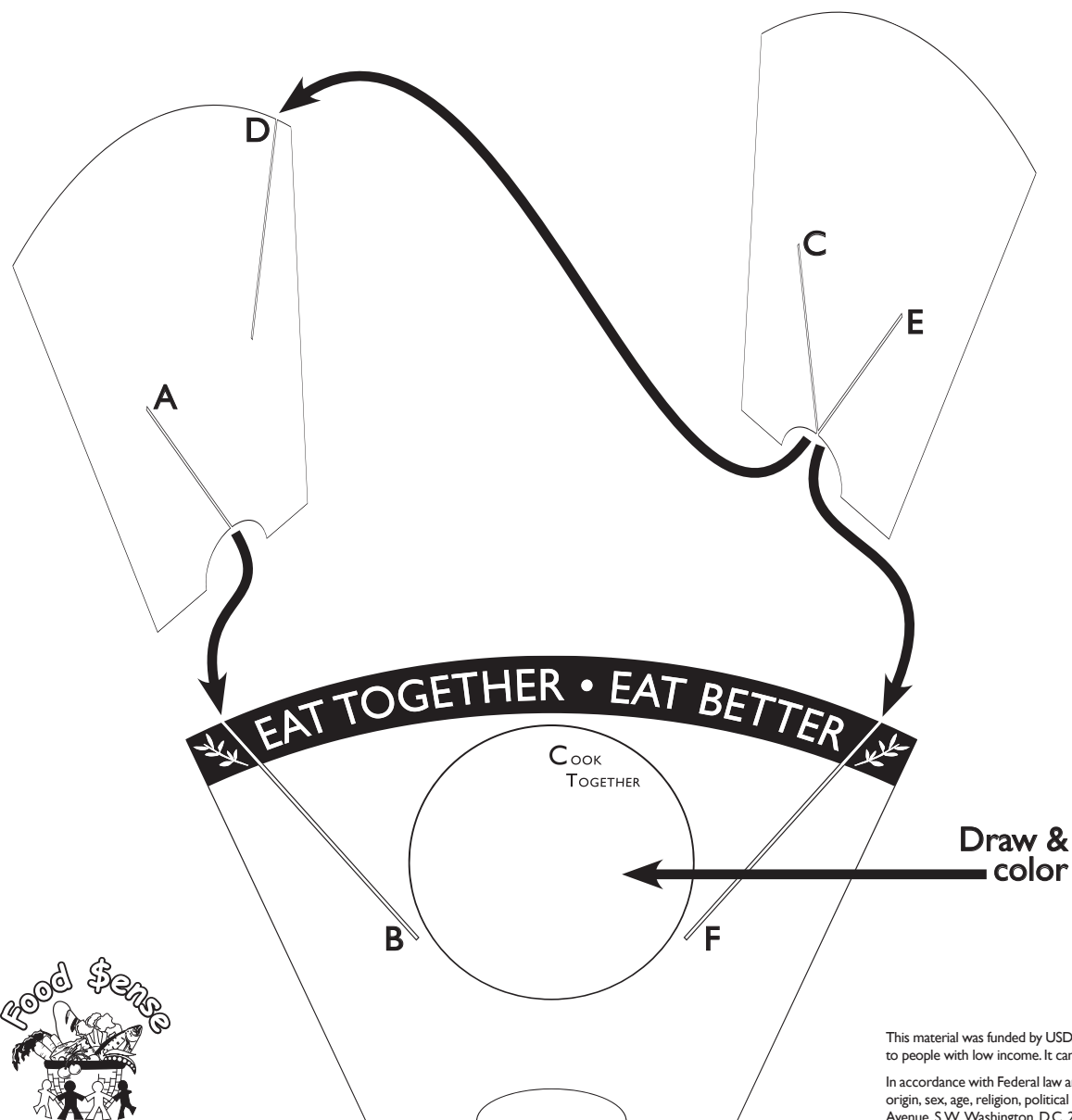


# Talk Together

Eat Together Eat Better



Use these steps to make your “Talk Together” bowl:

## Step 1:

Draw and color a picture of your family or foods for each message in the circles on each panel.

## Step 2:

Cut out all three sections along the dotted lines. Cut along both sides of the slots and remove paper from the center.

## Step 3:

Slide slot A into slot B.

## Step 4:

Slide slot C into slot D.

## Step 5:

Slide slot E into slot F.

## Step 6:

To make the discussion cards, cut on the dotted lines, and fold the top over to cover the printed question.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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