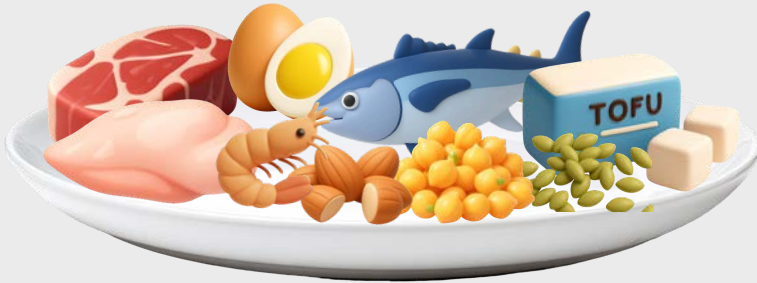


Let's talk about meat and alternatives



Protein builds
strong muscles



Contains iron
for healthy
blood



Omega-3's for
brain and heart
health (fish + nuts)

Your turn...



When you are choosing meat, what could you look for to make sure it's best for your family?

What is a simple way that you add legumes to your meals?



Is there a meat or alternative you don't eat often but would like to try more?

How could you swap meat for a plant-based option in one of your meals?

