

Your 13-year-old daughter has basketball practice every Monday and Wednesday at 5:30 pm.

If you eat dinner before practice, she gets an upset stomach and the rest of the family isn't home yet.

If you wait to eat dinner after practice, everyone is "starving." You often end up picking up fast food.

What are some ways to make this a positive, healthy mealtime?



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Your 5-year-old son does not like veggies and neither do you.

You have to beg and bribe him to eat any kind of veggie.

What are some ways you could try to get him (and you) to eat more veggies?



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You have a busy week, with 3 grandkids who have sports practice, band practice, after-school jobs, and a big family gathering on Friday night.

It seems almost impossible to plan healthy dinners when everyone is coming and going at different times.

What are some things you could try to have healthy dinners for your family during this busy week?



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Mornings are always busy at your house.

You have to get breakfast ready for all 4 of your nieces and nephews.

Many times, you and the kids skip breakfast.

What are some things you could try to make breakfast healthier for everyone?



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It seems impossible to get to the grocery store when you have to watch your own 5- and 7-year-old sons and your sister's new baby.

You are often rushing into a corner market just to get last-minute lunches and snacks.

You just don't have time to go the grocery store with the kids.

What are some things you could try to make time for the grocery store?



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