

# Ms. Howard's Health News

Here are a few things you can do without having to stay on the computer, you can print them out or just copy them onto paper.

1. [A Day in the life of....](#)
2. [My Menu Planner](#)
3. [My Plate Explained](#)
4. [Serving MyPlate to MyFamily](#)
5. [Snacks Of Champions](#)
6. [Measuring up Balanced Meals](#)
7. [Food Writer](#)
8. [How Long Do I Wash My Hands](#)

If you have any questions, please contact me.

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