

☐ Menu:	
Grains	
Veggies	
Fruits	
Dairy	
Protein	
☐ Groceries Needed:	
☐ Shoppers:	
☐ Chef:	
☐ Helpers:	
☐ Sets Table:	
☐ Cleans Table:	FOOD HERO
☐ Dishwashers/Dryers:	
Distivusiteis/Di yeis.	www.foodhero.org

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