

Goal Sheet: Milk and Meat



Remember!

Reduce the amount of fat your family eats by buying and preparing lower fat foods.

GOAL: Serve lower fat milk or try 2 new lower fat recipes for your family.

How did you do? Check if you met your goal for the day!

	Served lower fat milk Yes/No	Tried lower fat recipe Yes/No
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Family solutions for meeting goals:
