

PRINTABLES GENIUS SHEET

**OUR PRINTABLES ARE TRIED AND TRUE AND
BUILT BY PARENTS IN THE THICK OF RAISING KIDS.**

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).
2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.
3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.
4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

MY HEALTHY FOOD CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GRAINS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEGETABLES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUITS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PROTEINS

PEANUT BUTTER
BEANS
HUMMUS
HAM
FISH
EGGS
CHICKEN
MEAT
NUTS
TOFU

GRAINS

BREAD
CORN
RICE
CEREAL
WRAPS
CRACKERS
PASTA
BAGEL
OATMEAL

VEGETABLES

ZUCCHINI
PEPPER
BROCCOLI
CARROT
LETTUCE
TOMATO
CUCUMBER
SPINACH
AVOCADO
POTATO

FRUITS

GRAPES
MELON
APPLE
WATERMELON
PEAR
BANANA
ORANGE
STRAWBERRY
PLUM
BLUEBERRY

DAIRY

SOFT CHEESE
HARD CHEESE
GREEK YOGHURT
YOGURT
MILK