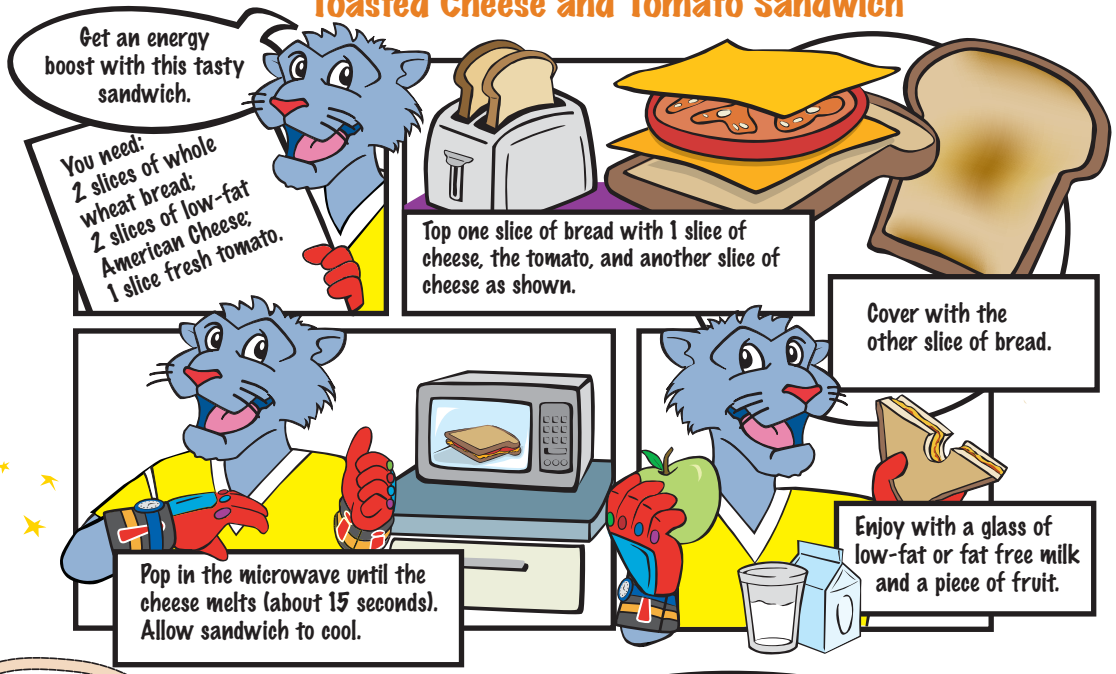
Rustle-Up Good Grub

and get moving!

Toasted Cheese and Tomato Sandwich



Wild West Word Search

Use your pencil to rope the hidden words in the puzzle.

WORD LIST:

chili
beans
fishing
running
tortilla
cheese
cornbread
horseback-riding
oatmeal
beef
tomatoes
camping
swimming
rice

H	T	A	X	O	H	X	O	B	L	F	Z	A	H	K
O	U	C	O	W	I	J	A	L	W	C	T	S	E	V
R	C	H	I	L	I	D	T	D	A	A	A	C	C	E
S	Y	E	D	I	F	C	M	O	E	E	F	L	S	H
E	P	E	C	T	C	Q	E	Y	Y	E	I	C	N	N
B	L	S	S	Z	O	Z	A	E	E	Y	S	A	A	T
A	K	E	Q	P	R	K	L	B	E	R	H	M	K	F
C	W	Z	C	L	N	J	D	W	C	O	I	P	E	R
K	Q	A	S	I	B	U	R	S	R	L	N	I	S	D
R	T	A	R	M	R	U	N	N	I	N	G	N	H	E
I	O	B	S	D	E	E	S	Y	P	I	A	G	Y	N
D	R	T	O	M	A	T	O	E	S	E	M	L	S	V
I	O	F	H	W	D	C	I	U	B	E	I	Y	T	E
N	S	W	I	M	M	I	N	G	G	X	L	Q	E	R
G	I	B	S	Q	V	T	O	R	T	I	L	L	A	X

Howdy Partner!
I spend a lot of time on the run.
To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

tip: Make your moves! Be physically active at least 60 minutes a day.

Funnies

Q: Why couldn't the pony sing?

Funnies Answer: Because it was a little hoarse.

Wild West Word Search: Answers available online at http://www.fns.usda.gov/eatsmartplayhard/collection/collect_kids.HTML

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov\eatsmartplayhard

Balance Your Day With Food & Play

USDA Food and Nutrition Service
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