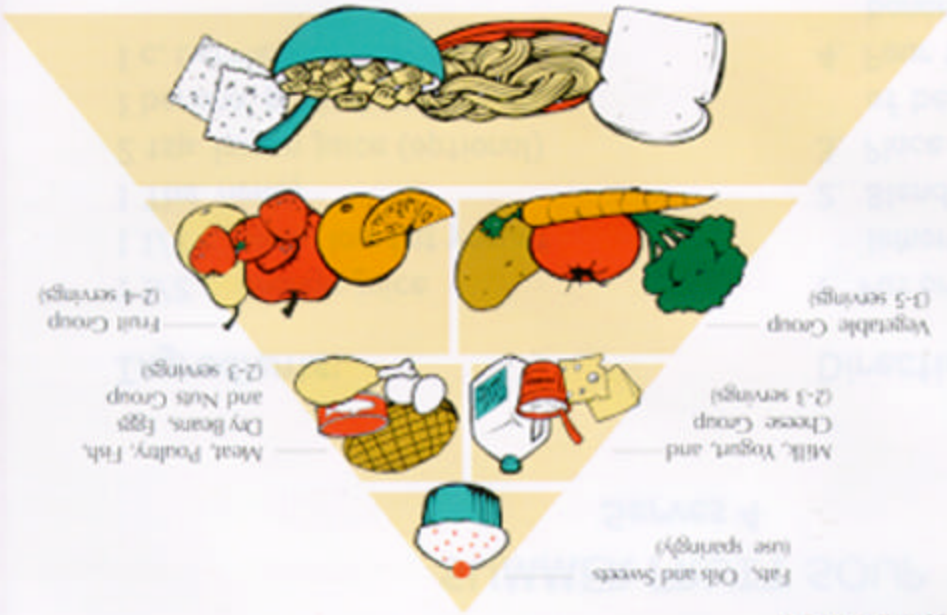
Maine Kids Eat Smart!

A recipe booklet just for kids!

Eat Smart: It's a healthy start

Maine Kids Eat Smart Recipe Booklet is brought to you by the Maine Nutrition Network, a statewide coalition of over 200 individuals and partner organizations established by the Edmund S. Muskie School of Public Service,

Use the Food Guide Pyramid to help you Eat Smart each day!



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Angus S. King, Jr.
Governor

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Commissioner