

FAMILY MEALS MONTH (SEPTEMBER)

IGA
Better Choices

**FAMILY MEALS
FUEL BETTER NUTRITION**

24% INCREASE
in healthy food consumption

3+ MEALS PER WEEK

The more meals families share, the better they eat, literally—consuming more healthy items like fruits, vegetables, fiber, calcium-rich foods, and vitamins. Pediatrics 2011

#RaiseYourMitt #FamilyMealsMonth iga.com

Stanchion Sign: 22x28", Qty: 1

IGA
Better Choices

**FAMILY MEALS
MAKE THE GRADE**

Kids—from elementary to high-school age—who eat meals with their families four times a week or more **earn better test scores and succeed in school.**

National Center on Addiction and Substance Abuse at Columbia

5+ family dinners per week

20% A GRADES

12% A GRADES

2 family dinners per week

National Center on Addiction and Substance Abuse at Columbia

#RaiseYourMitt #FamilyMealsMonth www.IGA.com

Window Sign: 30x40", Qty: 1

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Vertical Aisle Blades: 7.5x31", Qty: 6 total 3 of each

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