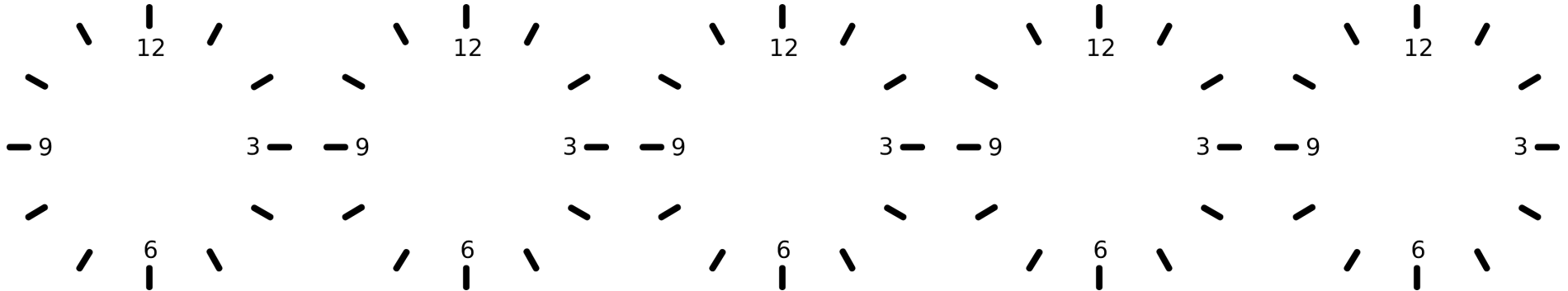


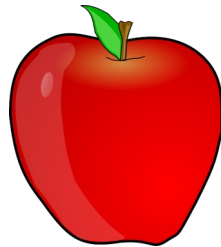
# Time to Eat!

Predictable meal and snack times often result in predictable hunger patterns. With your child, fill in the times for meals and snacks for each day.

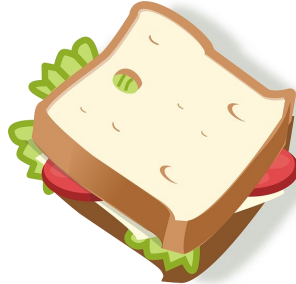
Add the hands on the clock and then write the time in the box below each. Place somewhere that is easily visible (fridge, lower cabinet, etc). These times may vary from day-to-day depending on schedules– this is okay as long as everyone is on the same page and knows what to expect!



**Breakfast**



**Snack**



**Lunch**



**Snack**



**Dinner**