

# Hero Mom Success Card #6



**“I find the time to make healthy meals.”**

**María N.**

Working mom  
Three kids, ages 20, 19, 12

## Double Up

Double your recipes. Leftovers mean one less night of cooking.

## Get Help

Get the kids to start fixing dinner when they get home from school. Younger kids can help by setting the table and tearing up lettuce for a salad.

## Be Ready

Stock up on nutritious low-sodium canned soups, stews, chili, and frozen fruits and vegetables that need less preparation.

**Mail the enclosed reply card to get FREE ‘mom-tested’ tips and recipes!**

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

