

Tune-up
your
family Fun

with
this

LOONEY TUNES

activity
BOOK!

Look for **Eating Right Kids** foods
at your favorite neighborhood grocery store!

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BY



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Randalls Tom Thumb PAVILIONS CARRS | SAFEMWAY



DEAR PARENT OR GUARDIAN:

The Looney Tunes gang is hopping, whirling, waddling, and flying into your child's classroom to help make eating right and staying active a fun and enjoyable part of their daily routine.

In class, your child has been participating in the **Looney Tunes Back to School Tune-Up** created in partnership with Warner Bros., Eating Right Kids, and the curriculum specialists at Young Minds Inspired. The activities help your child tune-up math, language arts, and health science skills while teaching them about adopting a healthy lifestyle. The Looney Tunes gang introduces kids to fun ways to stay physically active and teaches them how to spot nutritional foods.

The flavorful **Eating Right Kids** product line includes more than 60 products in 20 food categories including breakfast foods, portable meals, dairy, snacks, and beverages. They feature the fun and wacky

Looney Tunes characters and colorful "spots" that:

- help you make the best choices
- make buying foods that are better for you, easy and convenient
- are featured on foods that are nutritious and taste great.

See the back cover of this booklet for more information about **Eating Right Kids**, and why SEEING SPOTS IS GOOD FOR YOU.

Have fun working together on these family tune-up puzzles. Another Looney Tunes family activity guide will follow later in the year to help keep your family active and eating right. So get started today and remember to SPOT the Looney Tunes gang on a new nutritional solution for your kids.

Sincerely,

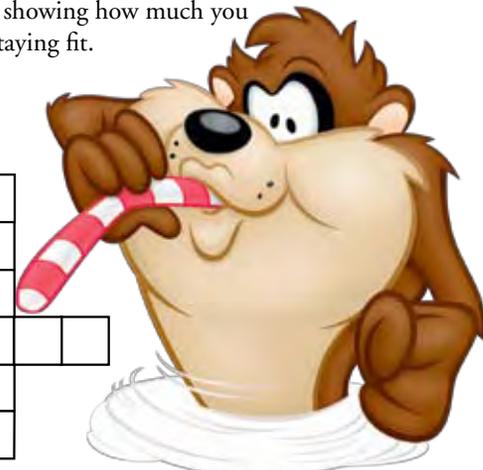
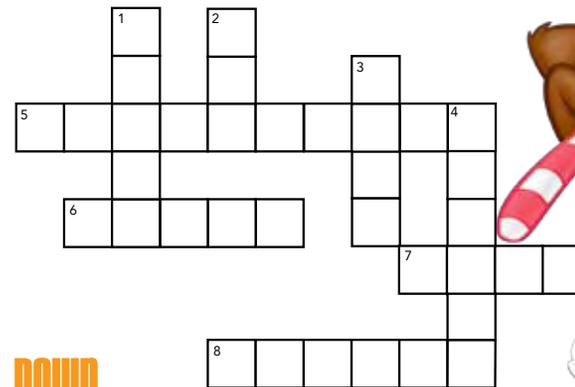
Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



SPOT THE SMART CHOICES!

You know Taz, the Tasmanian devil. He's got one thing on his mind, and that's food. He's always looking for his next meal ... and he'll eat just about anything he can get his hands on. If he weren't so active, he'd probably weigh *way* too much!

You can top Taz by solving this puzzle and showing how much you know about making smart food choices and staying fit.



DOWN

1. Avoid foods with lots of added _____. It has lots of calories but not a lot of nutrients.
2. SEEING SPOTS IS GOOD FOR YOU, because you are what you _____.
3. Limit your time in front of the TV and the computer. Make time to go outside and _____.
4. Look for ways to get more exercise. For example, instead of riding the elevator, take the _____.

ACROSS

5. They might be green, orange, or yellow, but whatever the color, _____ are good for you. Eat lots of them.
6. Be sure to choose lots of whole _____ foods such as oatmeal and brown rice.
7. _____ contains calcium that helps build strong bones.
8. Instead of having candy at snack time, choose fresh, frozen, canned, or dried _____.

seeing
SPOTS

is good for you!

nutrition,
flavor
& fun!

FAMILY ACTIVITY IDEA
Plan family activities. Have a family dance-off, take a 30-minute walk, or play family hopscotch!





veggies can hit the spot!

Bugs Bunny, that "wascally wabbit," is always full of energy, whether he's busy outsmarting Elmer Fudd or doing battle with Marvin the Martian. Could it have something to do with all those carrots he eats? Help Bugs put some variety in his diet (and yours, too).

Spot these hidden veggies in the puzzle:

spinach, broccoli, kale, collards, cabbage, pumpkin, squash, sweet potatoes, corn. Then circle Bugs Bunny's secret messages: Veg Out On Veggies and Be Active.

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

FAMILY ACTIVITY IDEA

Have family relay races. See who can carry strawberries on a spoon the farthest without dropping them.



SPOT THIS MENU & HELP SAVE TWEETY

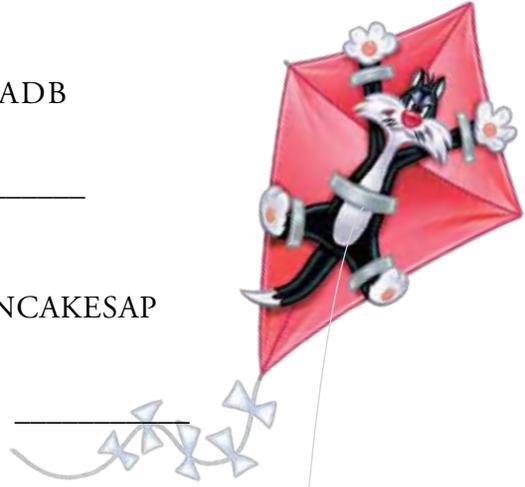
Every time Tweety Bird turns around, there's Sylvester, trying to turn him into lunch. But Tweety's got a plan. He's put together a tasty balanced meal that "persistent puddy tat" won't be able to pass up! Unscramble the letters to show Sylvester what's on Tweety's menu. There's a hint in each colored spot.

1. **made with whole wheat** E L O H W T H E A W R E A D B

2. **low fat** R A I N G I T L U M I I N M N C A K E S A P

3. **high in protein** E N K C I C H G G U N E T S

4. **high in fiber** T E A H W A A T S P I N R G S



FAMILY ACTIVITY IDEA

Go to the park and toss a Frisbee or fly a kite.



Answer Key: 1. whole wheat bread, 2. multigrain mini pancakes, 3. chicken nuggets, 4. wheat pasta rings

Sort Out the Spots

Daffy knows that SEEING SPOTS IS GOOD FOR YOU and has been studying some of the dietary spots on the *Eating Right Kids* packages. He wants to arrange them in a grid but needs you to help. Make every column, row, and mini-grid contain the numbers 1, 2, 3, 4, 5, and 6 — one of each. Then color each number box using the spots as your guide.



5 low cholesterol

1 low fat

3 fat free

4 whole grain

2	1			4	3
		6	2		
		3	4		
3	4			5	6

2 no sugar added

6 vitamins



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Spot Your Needs at Your Supermarket

Challenge your child to find the different color spots featured on packages of *Eating Right Kids* foods and beverages. Place a check on your grocery list below for each spot you find. Remember SEEING SPOTS IS GOOD FOR YOU!



Spots We Spotted!

<input type="checkbox"/> fat free	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> made with whole grain	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> high in fiber	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> made with whole wheat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> high in protein	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> no sugar added	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> light	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> calcium	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> low cholesterol	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> reduced sugar	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> low fat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> vitamins	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> made with multigrains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

Family Activity Idea

Lift soup cans or place a basketball between your legs and do leg lifts!

SPONSORED BY

EATING RIGHT
limiting flavor & nutrition



ABOUT THE Eating Right Kids PRODUCT LINE

Eating Right Kids is a complete line of tasty, better-for-you foods and beverages, available now in Safeway, Vons, Dominick's, Randalls, Tom Thumb, Genuardi's, Pavilions, and Carrs stores.

The **Eating Right Kids** line offers more than 60 products in 20 food categories including breakfast foods, portable meals, dairy, snacks, and beverages.

SEEING SPOTS IS GOOD FOR YOU!

Eating Right Kids foods deliver an array of nutritional benefits for children. Each benefit is distinctively color-coded so it's easy for you to select products that are better for you and tasty, too.



- fat free
- low fat
- calcium
- high in fiber
- made with multigrains
- reduced sugar
- high in protein
- made with whole grain
- vitamins
- light
- made with whole wheat
- and many more nutritional benefits spots
- low cholesterol
- no sugar added

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\$1.00 off any
Eating Right Kids™ product



Upon presentation at any participating Safeway, Vons, Dominick's, Genuardi's, Carrs, Pavilions, Randalls/Tom Thumb this coupon is good towards any purchase of one unit of item indicated. Total value of any purchase made with this coupon must equal or exceed total value of coupon. Void if reproduced and where prohibited by law. Cash value 1/20 of 1 cent. Coupon cannot be used in conjunction with any other offer. COUPON CANNOT BE DOUBLED OR REDEEMED FOR CASH. LIMIT ONE. Expires 12/31/08.

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