UNIVERSITY of CALIFORNIA cal fresh Nutrition Education	BREAKFAST
1. During the past week, did you eat a breakfast that included at least 3 food groups?	□ Yes □ No
2. Within the next week, how often will you eat a breakfast that includes at least 3 food groups?	☐ Same as before ☐ More often
Please share with us how this workshop will help yo	u and your family:
	(ITC 2/22/13: breakfast)

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