

# Hero Mom Success Card #4



**“I broke  
the junk  
TV habit.”**

**Maria R.**

Working mom  
Four kids, ages 19, 12, 9, 1

## Limit Screen Time

Limit screen time for fun (TV, computer, video games) to two hours a day for each family member.

## Healthy Snack Options

Replace chips and cookies with fruit slices or baby carrots. Kids love fruits and vegetables that are easy to eat.

## Get Out and Play

Plan family time that does not involve TV. Dance to music or play hide-and-go-seek.

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

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

