

**What would you like to get out of this session?**

**What foods are likely to be offered more often?**

**What foods are more likely to be offered less often?**

**What strategies do you use to control portion size?**

**What strategies will you use to reduce sugar, fat and sodium in the foods you serve?**

**How can you apply the ideas we talked about today to modify other foods served at your organization or home?**

**What did you like about the recipes?**

**What have you learned that you did not know before?**



**How will you apply the info you learned in this workshop  
to your FBO/family/your life?**