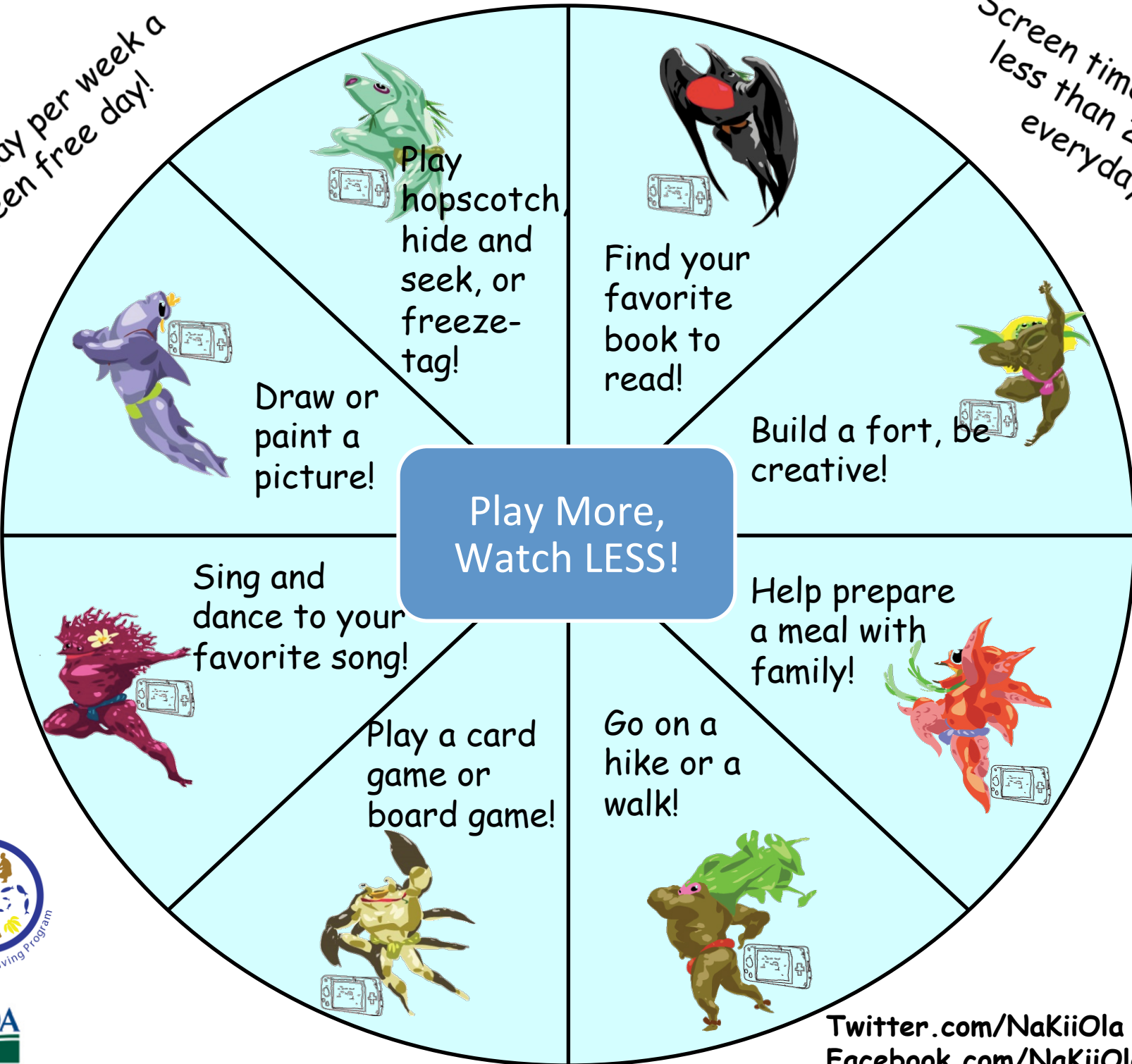


Make 1 day per week a screen free day!

Screen time - make it less than 2 hours everyday!

Play More, Watch LESS!



United States Department of Agriculture  
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