

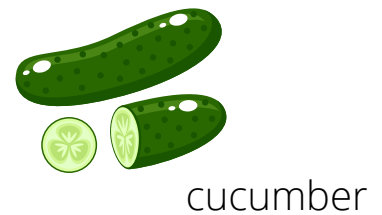
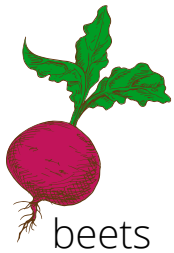
Ramadan Day 13

HEALTHY EATING

Whatcha Eating?

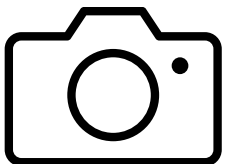
Eating healthy is good for our body and good for our soul! The Prophet (PBUH) used to eat healthy foods!

Goodness Challenge: Pick a healthy Sunnah food to include in your dinner today! Send us a picture of your Iftar or Suhur meal! Yum! Here are some suggestions:



****Parent Tip**** Tell your child your favorite Sunnah food!

Submit your Goodness Challenge:



Take a picture of your completed challenge and upload to ***Episode 14*** at RamadanRoundup.com to earn your Goodness Challenge Card, and for a chance to be featured as a Challenge Hero on one of our episodes!