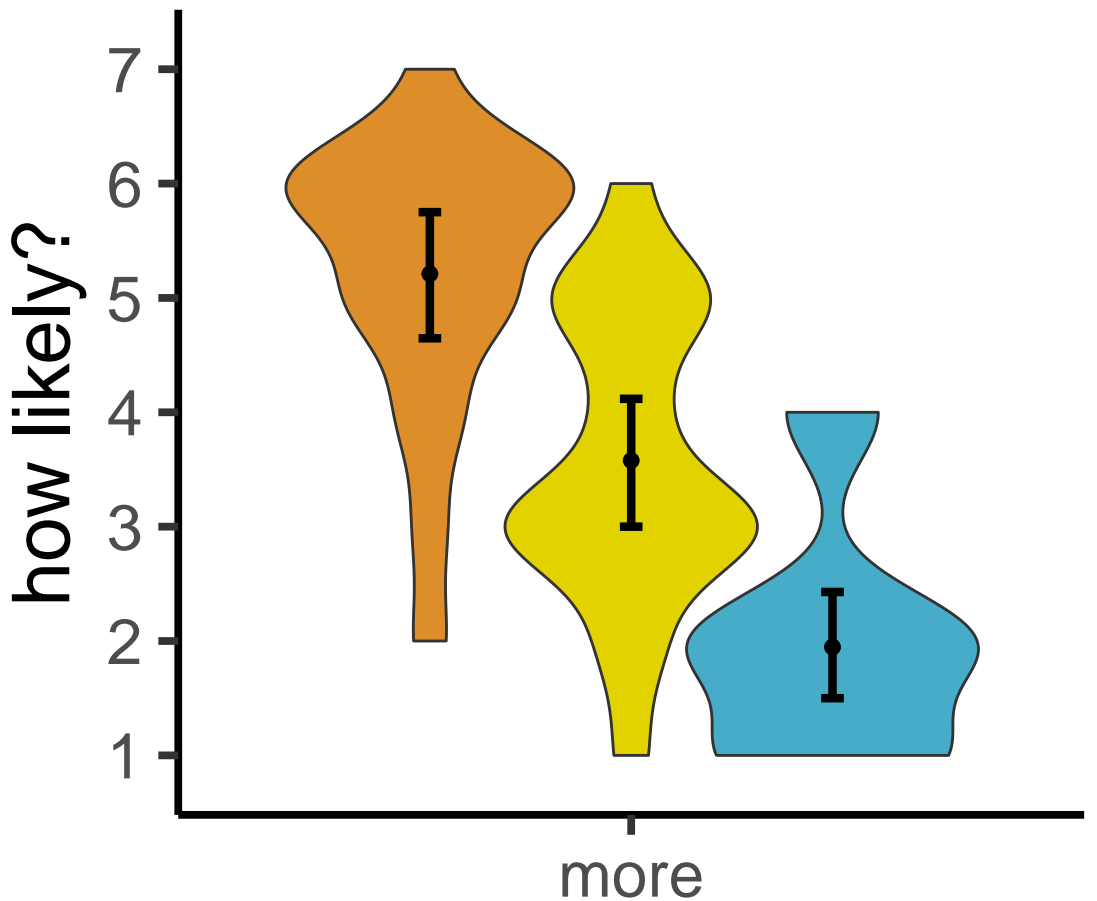family meals