



September

Breakfast is an important meal for growing children; studies show that breakfast eaters tend to have higher school attendance.

October

No need for tricks -go with delicious healthy treats (whole grain cheddar crackers, fruit leather with 100% fruit, cereal bars, mini pretzel bags).

November

Encourage your children to participate in active outdoor chores such as raking leaves, pulling weeds, watering plants.

December

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and health issues.

January

Make screen time an active time when going to play outside is not an option, have them play interactive video games that require physical activity.

February

Looking for Valentine's Day treats that are healthy? Try pink milk, heart shape sandwiches, red and fruit yogurt, or even just a beautiful note.

March

Be an active role model, present physical activity as an important time to take care of your body mind and health.

April

Easy ways to encourage your kids to get active are have them try an organized game such as Simon says, hopscotch, bowling, Frisbee golf, swimming.

May

Make fitness fun for the whole family.

June

Make fitness part of your day by walking or biking to school or even bike trips around the block.

July

Farmers markets are great, bringing the farm to the table. Check out your local farmer markets or farm stands

August

Try something new and challenge yourself, you may really surprise yourself. Try either a new food or activity.

Resource: www.eatright.org