



June 2016

Milk helps you have stronger bones



Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

1
Before going to the festival, eat breakfast and plan your lunch.

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3
Build healthy habits from their favorite activities.

4
Plan the week's meals with the help of your kids.

5
Value meals that serve large portions with soda, can be 600 calories.

6
Praise your family on their commitment to be active.

7
Try substituting long grain, brown rice or whole-wheat pasta instead of white rice.

8
Commercials offer an opportunity to be active.

9
Basketball is a fun activity that the whole family can do.

10
Visit a local farmers market to for fruits and veggies in season.

11
Start this Monday with a family stroll around the block.

12
Plan healthy meals that can be made quickly.

13
Make sure to slice grapes for children under 4 to avoid choking hazards.

14
Keep snacks two hours before meals so kids will be hungry

15
Look for fun recipes to serve vegetables to your family.

16
Exercise doesn't have to be boring. Grab you kids and go on a nature hike.

17
Limit the amount of ready-to-eat-snacks you buy.

18
Schedule your child's dental appointments for healthy teeth.

19
Broccoli is the superhero of vegetables with loads of vitamins.

20
Have the kids help you prepare a fruit kebob.

21
Meat quality can be affected when thawing in the microwave.

22
Involve the kids in finding a fun recipe.

23
Hiking can add excitement into your family's walking routine.

24
A trip to the beach or lake is always a fun activity.

25
Add some color to your salad with seasonal fruits.

26
Show your kids the many varieties of melons

27
Basketball is a fun activity that the whole family can do.

28
Apply sunscreen on your child daily.

29
Snack on dried fruits such as apricots, figs or raisins.

30
Celebrate an outdoor festival. The local paper has activities for kids.

