

# July 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>Skip the chips at snack time and serve celery with peanut butter.</p>	<p>4</p> <p>Eat a red, white or blue vegetable! <b>Happy 4th of July</b></p>	<p>5</p> <p>Jazz up the taste of vegetables with low-fat dressings or dips.</p>	<p>6</p> <p>Show your child how to make healthy choices.</p>	<p>7</p> <p>Discourage older children from making yucky faces about unfamiliar foods.</p>	<p>1</p> <p>Bring a healthy side dish of grilled asparagus or broccoli with salsa to a barbecue.</p>	<p>2</p> <p>Brown rice or whole-wheat pasta has more nutrients and fiber than their white counterparts.</p>
<p>10</p> <p>Try hummus or bean spread as a dip for veggies.</p>	<p>11</p> <p>Look for fruit packed in its own juices or light syrup.</p>	<p>12</p> <p>There are flavored water with zero calories that are better than sugar drinks.</p>	<p>13</p> <p>Doing laundry, gardening, walking with the dog all count as being active.</p>	<p>14</p> <p>Let your child choose a new vegetable to add to soup.</p>	<p>8</p> <p>Get active – it's summer! Just 30 minutes a day</p>	<p>9</p> <p>Most restaurant entrees are enough for two people to eat.</p>
<p>17</p> <p>Wash cuts with soap and water and place bandages on them right away.</p>	<p>18</p> <p>Make sure the family knows how to properly wash their hands.</p>	<p>19</p> <p>Salads are a good way to introduce new foods to your child.</p>	<p>20</p> <p>Think of snack time as mini meals rather than "junk food" time.</p>	<p>21</p> <p>For younger kids, use smaller bowls and plates to help with portion control.</p>	<p>15</p> <p>Let your kids make faces with the fruit before eating!</p>	<p>16</p> <p>Get a cherry pit remover and let the kids have fun with the cherries.</p>
<p>24/31</p> <p>Scrub the cantaloupe before slicing into.</p>	<p>25</p> <p>High fiber diets promote a healthy weight for the whole family.</p>	<p>26</p> <p>Put fruits and vegetables on a shelf in your refrigerator where your child can see them.</p>	<p>27</p> <p>Wash fruit the night before for a quick snack!</p>	<p>28</p> <p>Go exploring outside in the backyard or nearest state park.</p>	<p>22</p> <p>Grab a friend and challenge each other to walk a little farther</p>	<p>23</p> <p>One cup of flavored milk is a good source of protein and calcium.</p>
					<p>29</p> <p>Lean cuts of beef have the words, "round" or "loin" in the name.</p>	<p>30</p> <p>Bring a healthy side dish of grilled asparagus or broccoli with salsa to a barbecue.</p>