



# September 2015

Make sure to pack a healthy lunch for school



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
Always offer a food your child will eat at meals along with a new food.

2  
The standard recommendation of water intake for children is at least 6-8 glasses a day.

3  
Exercise can help increase your family's healthy "HDL" cholesterol.

4  
Make the backyard or front yard into an obstacle course.

5  
Studies show that kids who eat breakfast maintain or lose weight.

6  
There are many studies that have proven the importance of breakfast!

7  
Healthy lunches have at least 3-4 of the food groups that means including fruits and vegetables.

8  
Steamed brown rice has more nutrients and fewer calories than fried rice.

9  
Turn the TV off during mealtimes.

10  
Let the kids help plan their lunches for the week.

11  
Steamed brown rice has more nutrients and fewer calories than fried rice.

12  
Frozen fruit added to non-fat vanilla yogurt makes a great thick smoothie.

13  
Start with carbohydrates, protein and a little fat to keep motors running.

14  
Children who skip breakfast often mistake hunger pangs for a tummy ache.

15  
Eat at least two 100% whole-wheat food today such as pita bread or mini bagels.

16  
You're the best role model for good hand washing. It can keep your family from getting sick.

17  
By the time a child feels thirsty, their mental performance may have deteriorated by 10%.

18  
Children burn about half as many calories in the winter as they do in the summer.

19  
Cheese is about 30 percent cheaper in the dairy aisle than at the deli counter.

20  
Test every detector in your home to keep them functioning and charged.

21  
Breakfast fills your child's "empty tank" to get them going after a long night of sleeping.

22  
Good dental care starts early.

23  
Many restaurants will offer milk or water as a beverage and apple slices instead of fries.

24  
Exercise has even been proven to help kids sleep better and reduce stress.

25  
Take a look at a list of summer programs at your local recreation department or youth center.

26  
Show your kids the fun of being silly and using your imagination.

27  
Ask your kids what activities they like, then invite their friends.

28  
Be sure your family fuels up with a healthy breakfast everyday.

29  
Let the kids help plan their lunches for the week.

30  
Prioritize your time with exercise, wholesome meals and family fun.

