



October 2016



Sunday

Monday

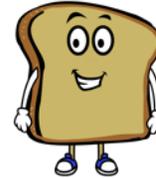
Tuesday

Wednesday

Thursday

Friday

Saturday



2

Replace white rice, bread and pasta with brown rice and whole grain products.

3

The USDA recommends that K to 5th graders need around 645 calories for lunch per day.

4

Keep your heart healthy with lots of fruits, vegetables and whole grains.

5

Today is National Walk to School Day.

6

Take the kids on a nature walk and see how many different colored leaves you can find.

7

Parents are the most influential factor on their child's fitness.

8

Teach your kids to walk for a healthy, daily activity.

9

Switch from regular mayonnaise to low fat or fat-free.

10

Pack mini carrots for your child's snack today.

11

Nuts are a great source of protein and healthy oils.

12

Teach your kids portion sizes by using your hand.

13

Stir fried, steamed, roasted or broiled dishes are healthier choices.

14

Teach your child to read food labels by doing a scavenger hunt in the cupboards

15

This Monday make over your fridge and throw out the junk.

16

Cut bread into fun shapes with cookie cutters.

17

Today is the beginning of National Nutrition Education Week.

18

While shopping for food, check out the sell by dates to make sure they are current.

19

Sodas and sport drinks can have as much as 13 teaspoons of added sugar.

20

When making your child a sandwich, use 100% wholewheat bread.

21

Pack mini carrots for your child's snack today.

22

Teach kids to wash hands for 20 seconds and fight the flu.

23/30

Instead of candy, try non-sugared treats this year.

24/31

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

25

Choose foods in their natural state like oranges instead of orange juice.

26

Make plans to do a family activity once a week.

27

While at the pediatrician's office, make sure to discuss body mass index BMI.

28

Instead of candy, try non-sugared treats this year.

29

Have family contests: who can jump rope the longest?