

July 2016



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