



# April 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
**April's Fool's Day**  
Share your funny pranks at mealtime.

2  
Salsa is a great way to add some taste and vegetables to a meal.

3  
Try whole-wheat pancakes.

4  
Plan a meal around veggies, whole grains and beans instead of meat for one day.

5  
Color your plate with at least three colors!

6  
Pick a family favorite activity to enjoy.

7  
Visit a farmers market and see pick some fresh fruits.

8  
Take a break from the computer after 20 minutes.

9  
Pretzels are a tasty snack with fiber.

10  
Try egg white scramble for breakfast.

11  
One ounce of pecans counts as one meat serving.

12  
Asparagus is a green vegetables loaded with vitamins.

13  
Add some beets to mashed potatoes for a fun purple healthy side dish.

14  
Set one healthy goal for the week.

15  
Plant an herb in a small potter with your child.

16  
Go to the local school yard and play hoops.

17  
Avoid foods that are breaded and deep-fried. They are high in fat and calories.

18  
Give each other a great big hug!

19  
Plant a fruit or vegetable in a pot.

20  
Play a nutrition game.

21  
1 boiled egg counts as 1 meat serving

22  
It's **Earth Day**.  
Recycle your food scraps in a compost container.

23  
Make a face on your plate using cut veggies.

24  
Sit up straight and your back will thank you.

25  
Add some beans for a healthy protein.

26  
Use sunscreen and protect your skin.

27  
One quarter cup of raisins counts as 1 fruit serving.

28  
Add one tablespoon of peanut butter to your day for a healthy protein.

29  
Learn the healthy portions for each of the food groups.

30  
Set aside time each day for physical activity

