

November 2016



Fruits are tasty snack

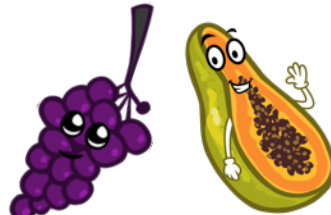
Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



1

Select your cold foods last so they'll stay cold until you get home and prevent food illness

2

Parsnips are sweet and are a good source of fiber.

3

Provide 100% fruit juice and be careful of marketing claims

4

Prevent choking accidents, do not allow children to play or run while eating.

5

Arrange food in a fun way on the plate.

6

Kids' need Vitamin D to keep bones strong and fight disease.

7

A pomegranate is high in vitamin C and potassium.

8

Enriched grain and dark green, leafy vegetables are high in iron

9

An average of only 1 in 6 people washes their hands after using the restroom.

10

It is important to look at the serving size on the nutrition label.

11

Praise children when they are active.

12

This Monday keep an eye on cholesterol.

13

Keep a physical activity chart on your refrigerator.

14

Let the kids enjoy pomegranates this fall.

15

1/4 cup of dried cranberries counts as a serving of fruit.

16

Make gravy with broth this year.

17

Defrost meat in the refrigerator is a good food safety practice.

18

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

19

Have the kids help pick the fruits and veggies for dinner.

20/27

Teach kids to eat slowly and savor their food.

21/28

When baking try using nonstick spray instead of butter or oil.

22/29

Children like things that are familiar. Repeat favorite activities often.

23/30

Go for a brisk family walk.

24

Start off your day with some exercise.

25

Take your children to the grocery store to help you shop for food.

26

Serve pancakes using cookie cutters and decorate them with fruit.