

May 2016

Have fun in the Sun and plant a garden



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

Talk to your child before ordering a meal and give them a choice of milk, juice or water.

2

Teacher's appreciation week- say thank you with a special note.

3

4 to 8 year olds need 800mg and 9 to 18 year olds need 1300mg of Calcium each day.

4

Plant an herb in a small potter with your child.

5

Reward your child with attention and kind words, not food.

6

All children age 3 and older need yearly blood pressure measurements.

7

Common food that cause allergies: dairy, soy, shellfish, wheat, tree nuts, peanuts, egg whites

8

Fiber needs water to work!

9

Teach kids not to swap foods. 1 out of 17 kids have food allergies.

10

If you suspect a food allergy, have your child checked by a health care provider.

11

Teach kids to read food labels and see what is really inside their foods.

12

Serve water when your child is thirsty.

13

Promote activity rather than exercise to kids.

14

Promote heart healthy foods that are low in saturated fats.

15

Be careful of restaurants salads they can contain 1000 calories.

16

Fruit juice should be limited to once a day.

17

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

18

Serve your child smaller portion sizes at mealtime.

19

Check out your local community recreation center for group classes for kids and adults.

20

Keep nutrition fun so kids will enjoy being healthy.

21

Teach your kids to stretch before exercising.

22/29

Look for cereals fortified in calcium

23/30

Cut fruits in different shapes and let your child create faces before eating it.

24/31

While canned fruits are a great source of vitamins and minerals, they are lower in fiber

25

Moderate to intense daily exercise helps maintain weight for the whole family.

26

A balanced diet helps kids do better in school

27

Plant an herb in a small potter with your child.

28

28 juice should be limited to once a day.

