



February 2016
 Healthy Announcements



EMPOWERING STUDENTS

TO MAKE HEALTHY CHOICES

Try it Tuesdays

Fun Fact Friday

February 2nd

It's Tuesday, time to try something new. Orange vegetables are super good for you. Try sweet potatoes, carrots, or acorn squash if you can.

February 8th

It's Tuesday, time to try something new. Cut up some apples sprinkle cinnamon on them and ask your parents to microwave them. It taste just like apple pie.

February 22nd

It's Tuesday, time to try something new. Smoothies make a great snack and can be a healthy breakfast too. Use vanilla yogurt and always use fresh fruit.

February 29th

It's Tuesday, time to try something new. Who likes sandwiches? I do. Instead of using bread try making a sandwich on a whole wheat tortilla.

February 5th

Did you know many kids spend 4 hours a day watching TV. Try turning off your TV and play outside this weekend.

February 12th

Your body needs 5 cups of fruit and vegetables everyday. Over the weekend try and keep track of how many cups of fruits and vegetables you eat. On Monday share your results with your teacher.

February 25th

Keep track of your dairy servings this weekend. You should have at least three servings every day. Don't forget that cheese and yogurt count.



For more information visit
www.healthikids.org