

May 2016



Sunday



Monday

Have fun in the sun and plant a garden.

Tuesday

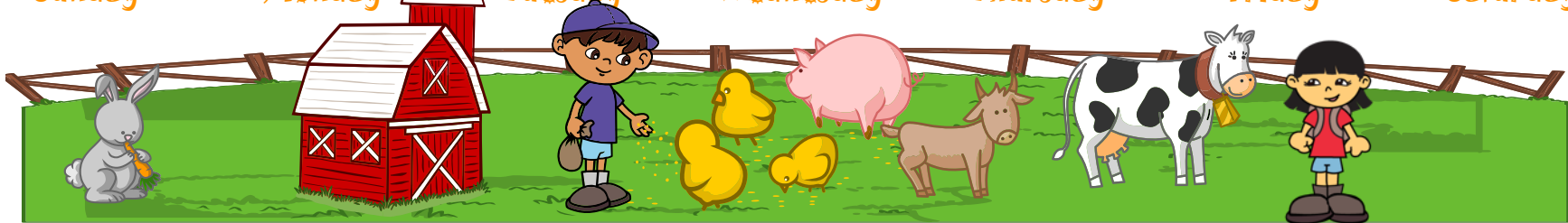
Wednesday

Thursday



Friday

Saturday



<p>1 Be active as a family. Plan a favorite activity for Mother's Day</p>	<p>2 Turn off the TV for National Screen Free Week.</p>	<p>3 Teacher's appreciation week- say thank you with a special note.</p>	<p>4 Keep the TV off, only three day left.</p>	<p>5 It's Cinco de Mayo. Enjoy some whole beans in your burrito.</p>	<p>6 Milk is one of the best source of calcium and vitamin D.</p>	<p>7 Common food that cause allergies: dairy, soy, shellfish, wheat, tree nuts, peanuts, egg whites</p>
<p>8 Make a special homemade gift for mom on Mother's Day.</p>	<p>9 Strawberries are loaded with antioxidants to fight cancer.</p>	<p>10 If you suspect a food allergy, have your child checked by a health care provider.</p>	<p>11 Try a barbecue fruit kabob!</p>	<p>12 Find a local farm that lets you pick your own produce.</p>	<p>13 Promote activity rather than exercise to kids.</p>	<p>14 Promote heart healthy foods that are low in saturated fats.</p>
<p>15 Ask for salad dressing on the side, they can loaded with calories.</p>	<p>16 Fruit juice should be limited to once a day.</p>	<p>17 Defrost meat in the refrigerator is a good food safety practice.</p>	<p>18 Serve your child smaller portion sizes at mealtime.</p>	<p>19 Check out your local community recreation center for group classes for kids and adults.</p>	<p>20 Keep nutrition fun so kids will enjoy being healthy.</p>	<p>21 Teach your kids to stretch before exercising.</p>
<p>22/29 Make a short after dinner walk a daily habit.</p>	<p>23/30 Cut fruits in different shapes and let your child create faces before eating it.</p>	<p>24/31 Enjoy fresh in season fruits and vegetables.</p>	<p>25 Kids need at least one hour a day of activity.</p>	<p>26 Gear up the bikes and map out a nice trail ride.</p>	<p>27 Set up an obstacle course in your backyard or at a playground</p>	<p>28 Spread celery sticks with peanut butter. Top with raisins.</p>