



# October 2013



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
National Pizza Month. Make a whole wheat pizza with low fat cheese!

2  
Decorate your pizza like a rainbow with lots of colorful veggies!

3  
Pick an physical activity that you love and enjoy being active!

4  
Teach kids to brush their teeth for 2 minutes.

5  
Today is National Walk to School Day.

6  
Try riding your bike to school.

7  
Try adding some fresh fruit to your dessert.

8  
Happy Apple month! Cut one up and enjoy!

9  
Take the kids on a nature walk and see how many different colored leaves you can find.

10  
Whole grains give you energy. Look for 100% whole grains.

11  
Switch from regular mayonnaise to low fat or fat-free.

12  
Pack mini carrots for your child s snack today.

13  
Nuts are a great source of protein and healthy oils.

14  
Teach your kids portion sizes by using your hand.

15  
Teach your kids to walk for a healthy, daily activity.

16  
Ask for dressing on the side when eating out.

17  
Today is the beginning of National Nutrition Education Week.

18  
Stir fried, steamed, roasted or broiled dishes are healthier choices.

19  
Cut sandwiches into fun shapes with with cookie cutters.

20  
While shopping for food, check out the sell by dates to make sure they are current.

21  
Sodas and sport drinks can have as much as 13 teaspoons of added sugar.

22  
When making your child a sandwich, use 100% wholewheat bread.

23  
Try wearing a pedometer when you trick or treat.

24  
Keep it fun. Exercise for children should be more of a game and less of a chore.

25  
Cut up your fruit ahead of time and leave it on the table for a quick bite.

26  
After a big meal, take a family walk and burn extra calories. It will also help you digest.

27  
Popcorn without butter is a smart choice.

28  
Plan a healthy Halloween party using fresh fruits and veggies.

29  
Have fun and play!

30  
Instead of candy, try non-sugared Halloween treats this year.

31  
Have a Happy Halloween!

