

December 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
Be fun and positive.

2
Teach your children about healthy foods from all the different food groups.

3
Raining outside? play a board game.

4
Limit TV to 2 hours a day.

5
Have a fresh salad or soup before you head out to that holiday bash

6
Cube cantaloupe melon and wrap with a thin strip of prosciutto for a healthy appetizer.

7
Cranberries are in season and a great source of vitamins and antioxidants!

8
Preschool is a time when of lifetime attitudes toward food are formed

9
Bundle up and go for a walk together.

10
Make time for family dinners to share your day.

11
Careful with the eggnog. 1 cup can be almost 350 calories

12
Try an ounce of nuts a day for some healthy oils.

13
Set a healthy goal for the next 12 days.

14
At a holiday event, indulge in your one favorite food.

15
Try substituting a few healthy ingredients in your favorite recipes.

16
Make cocoa for a cozy drink for the kids with low fat or nonfat milk.

17
Holiday season can be very hectic. Stay active

18
Increase activity by taking stairs instead of the escalator or elevators

19
Take a break from the stress of family togetherness for a brisk 10-minute walk

20
Try spray butter for your dinner rolls and veggies.

21
Slice a kiwi fruit in half and teach your child to use a spoon to scoop it out.

22
Children need a healthy snack between meals.

23
Take a family walk to look a at holiday lights together.

24
Children are more accepting of a new food if they've learned about it first

25
Happy Holiday. Merry Christmas!
Enjoy family bonding time.

26
Plan a family activity.

27
Turn off the TV and play some family games.

28
Take a healthy snack on the road.

29
Talk as a family about healthy goals.

30
Decorate the table with the colors from veggies and fruits.

31
Have the kids look for red and green veggies.

