



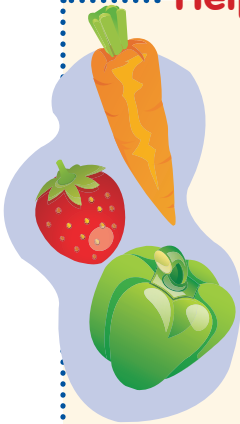
**HEALTHY
FAMILY**

CHALLENGE

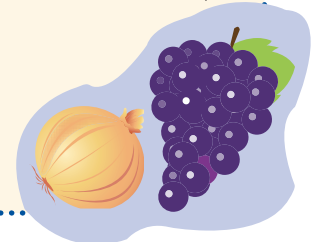
Take the Healthy Family Challenge!

*A program to encourage healthier eating
and more activity for children and families.*

Help your child improve **5** important health habits:



- 1** Eat **MORE** fruits and vegetables.
- 2** Eat **MORE** low-fat dairy foods, such as cheese, yogurt and milk.
- 3** Drink **LESS** soda and other sweetened drinks, such as Kool-Aid, Sunny D and fruit juice drinks.
- 4** Eat **LESS** fast food.
- 5** Be **MORE** active.



It's easy to participate.

Challenge your child — and your whole family — to improve on at least one health habit each week.

Keep track of your child's progress on the **Healthy Challenge Calendar**. Post the calendar on your refrigerator using the magnetic clip provided.

Every evening, have your child help you fill out the calendar for that day. It's important to include your child in this activity!

Remember, even though you're only keeping track of these health habits for your child, you can challenge your whole family (and yourself!) to improve in each area, too.

Eat smart. Play hard.

"I Can Help!" Checklists

Let your child get involved in meal preparation and cleanup:

Before dinner:

- Clear off the table.
- Wash the table.
- Help set the table.
- Wash your hands.
- Turn off the TV.
- Help with simple kitchen tasks.

After dinner:

- Help clear the dishes.
- Wash the table.
- Put away leftovers.
- Help wash, dry and put away dishes.
- Thank the cook.

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