

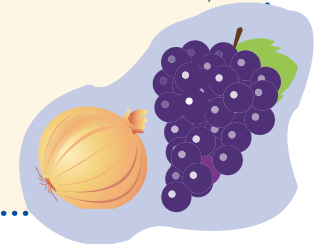
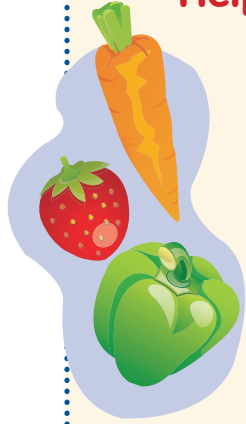


## Take the Healthy Family Challenge!

*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.

For the next five weeks, you will receive a weekly newsletter with recipes and tips for improving these five health habits. Your child will be challenged to improve on at least one habit each week.

Keep track of your child's progress on the **Healthy Challenge Calendar**. Each week that you return a completed calendar, your family will receive a gift.

Look for a new calendar and newsletter in your child's backpack each week.

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.

### WEEK ONE:

- Post the **Healthy Challenge 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!
- Return the completed calendar on Friday, Jan. 22. Your child will receive a new calendar and newsletter that same day.

# Eat smart. Play hard.

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