



Presenting Sponsor



**Week 10 Apr. 6-10**

**Did you know?** Montana's deer population, spread out over its 147,046 square miles, amounts to 3.3 deer per square mile. By contrast, the state has six people per square mile. How fast can you run a mile?

## Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

**Eat a GREEN FOOD every day:**

Go great all day with GREEN fruits – Granny Smith apples, kiwi fruits, green grapes, pears, honeydew melon, or a sweet fruit salad made with combination of your favorite fruits!!

Go great all day with GREEN vegetables. There are so many, it's hard to choose: broccoli trees, pea pods, beans, peppers, and cool leafy salad stuff, like lettuce and baby spinach.



[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

Prepared by Dayle Hayes, MS, RD

### *Brain Buster*

Q: Why did the orange stop while crossing the road?

A: Because he ran out of juice!

Oranges contain a lot of Vitamin C. Vitamin C helps keep our immune systems stay healthy so we don't get sick. Make sure that you are getting enough Vitamin C everyday, so you can always have fun and play!

### After-School Power Snack Idea:

\*Adult assistance needed\*

#### Incredible Edible Veggie Bowls

Cut your favorite pepper in half and clean out the seeds and gunk from inside. One end of the pepper will be the bowl. Now, cut the other pepper half, carrots, celery, and any other veggies into tiny sticks. Put a little bit of salad dressing in the bottom of the pepper bowl. Put the other veggie slices in the bowl and you have a portable veggie treat! (You can even eat the bowl when you are finished).

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