



Presenting Sponsor



Week 3 Feb. 16-20

Did you know? Riverside Railyard in Great Falls ranks among the nation's largest skate parks. Encompassing 27,000 square feet. Skateboarding and rollerblading provide great thrills and exercise. Have fun but always remember to wear a helmet.

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat smart snacks every day:

Smart snacks are tasty treats – PLUS they can help you run and play hard all day long. They can also help you grow tall and be strong – with a beautiful smile and healthy teeth.

Ditch the fat and sugar in chips, candy, and pop. Snack with smart stuff, like your favorite fruits, veggies, yogurt, cheese, beef jerky, trail mix, nuts, or a sandwich (like PB and J).



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What did baby corn say to mommy corn?

A: Where's popcorn?

A good snack for after school time with friends or family can also be a great movie snack: popcorn. Popcorn is always a fun snack, but make sure it's not too buttery or salty as the food pyramid shows that you don't want to have too many oils in one day. So grab a bowl of lightly buttered popcorn and enjoy the show!



After-School Power Snack Idea:



Banana Dog

Spread peanut butter on a hot dog bun. Place the banana on the bun. Add some jam or jelly and what a fun snack!

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