



Presenting Sponsor



Week 9 Mar. 30-Apr. 3

Did you know? The only pitcher ever to hit a grand slam home run in the World Series is a native of Billings. Dave McNally hit a home run with the bases loaded for the Baltimore Orioles in 1970, helping them defeat the Cincinnati Reds for the Series victory. Baseball is a great outdoor activity, gather some friends and go play!

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a RAINBOW of fruits and veggies every day:

How many different color FRUITS can you eat in a day? How about some BLUEberries and PURPLE plums? Or a RED apple and an ORANGE orange?

How many different color VEGGIES can you eat in a day? How about some GREEN broccoli and YELLOW corn? Or sliced peppers in RED, YELLOW and ORANGE??



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What did the boy lettuce say to the girl lettuce?

A: Lettuce be friends!

Eating a healthy salad is an excellent way of eating your vegetables. There are many different salads that you can make. You can add some meat like chicken or even seafood like salmon to any salad to add variety. Try dried fruit in a salad. The options are endless!

After-School Power Snack Idea:

Adult assistance needed

Peanut Butter and Jelly Sushi Rolls

Remove the crust from two slices of bread. Flatten the bread with a rolling pin. Next spread peanut butter and jelly onto the bread and roll up the bread into a tight spiral. Cut each spiral into four pieces and you now have PB&J Sushi Rolls.

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