



Presenting Sponsor



Week 12 Apr. 19-23

Did you know? Montana is the fourth largest state with the 44th largest population. With so much land, there is plenty of room to PLAY!

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Skip those sugary drinks:

- Pop, punch, Kool-Aid®, and most sports drinks have lots of sugar – as many as 10 to 12 teaspoons of sugar in one can or bottle! Too much sugar is not good for your teeth or weight.
- If you want to have a sugary drink sometimes, drink one can or less per day. Remember to brush your teeth (or rinse your mouth with water) as soon as you can after drinking it.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What does a photographer always want someone to say when he's taking a picture of them?

A: Cheese!

Cheese is another way to get your daily intake of calcium. It comes in many varieties and makes a delicious lunch of grilled cheese and tomato soup!

After-School Power Snack Idea:

Adult assistance needed

Turkey Rollups

Spread honey mustard on two slices of turkey. Wrap each prepared turkey slice around two sesame breadsticks, and you have a scrumptious afternoon snack!

Community Sponsors

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