



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 2 Feb. 8-12

Did you know? There are sixteen ski resorts in Montana! Skiing and snowboarding are great ways to get outdoors in the winter! Even though it's cold outside, you'll be sure to get your exercise making all those turns to get to the bottom of the mountain.

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a RED FOOD every day:

- **RED** fruits are so, so sweet – delicious and smart to eat. Pick your favorite red fruit, like Gala apples, red grapes, frozen strawberries, raspberries, raisins, and Montana-grown cherries in the summer.
- **RED** veggies are awesome too and very, very good for you. Enjoy bright red tomato sauce on your pizza or spicy red salsa with your tacos, burritos, and quesadillas.



www.eatrightmontana.org/catrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What runs but never walks?

A: Water!

Water is an essential component of a healthy body, since much of your body is made up of water. It also helps aid in the prevention of dehydration!

After-School Power Snack Idea:

Adult assistance needed

Sandwich on a Stick

Cut cubes of bread, cheese, and lunch meat. Slide the cubes onto a skewer along with other sandwich foods including grape tomatoes, pickles, or olives. Set out a side of mayo or mustard for dipping. Enjoy your "stick-wich"!

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