



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 3 Feb. 15-19

Did you know? The highest point in the state is Granite Peak, measuring at 12,799 feet! There are hiking trails all around Montana and lots of beautiful sights to see, even if you don't feel like hiking 12,799 feet!

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Dip into some creamy yogurt:

- Yogurt has the same nutrition power as milk and cheese: a creamy dose of protein, calcium, vitamins, and more! Plus it comes in yumma-licious flavors. What's your favorite flavor??
- Enjoy your yogurt any way you like it – in a carton, in a smoothie, in a frozen tube, or in a cup topped with fruit (like frozen berries, canned peaches, and a sliced banana).



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: Why didn't the banana snore?

A: Because it didn't want to wake up the rest of the bunch!

Bananas are a great source of potassium and are also a very filling and delicious snack, like the one mentioned below!



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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