



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 5 Mar. 1-5

Did you know? The largest snowflake ever observed was 38 cm! It was recorded in Montana on January 28, 1887. That's almost 15 inches! Get outside and build a snowman! With snowflakes like that, it shouldn't take long!

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Drink milk with every meal:

- Milk is a smart drink for kids. It helps build strong bodies, bones, and teeth – and it can help you have a healthy weight too!! So, drink an 8-ounce glass of milk at breakfast, lunch, and dinner.
- Milk does your body good with protein, calcium, and lots of other vitamins and minerals. Always choose fat-free or 1% milk – in white or fun flavors, like chocolate or strawberry.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: How do you know carrots are good for your eyes?

A: Because you never see a rabbit wearing glasses!

This bright orange vegetable is full of vitamin A, which helps promote good eye health. You can eat it raw with your favorite low-fat salad dressing or steamed with other vegetables.

After-School Power Snack Idea:

Adult assistance needed

Ham-Take Along

Place a cheese slice on a ham slice and roll up. Cut each roll in half.
Grab crackers and cucumbers for a great on the go snack.

Community Sponsors

Blue Cross Blue Shield of MT, Bozeman Chronicle, Helena Independent Record, Billings Gazette, Montana News Stations (KTVQ, KBZK, KSLF, KRTV, KXLH, KAJ, KPAX)

Contributing Partners: Eat Right Montana, Montana Nutrition and Physical Activity Program (DPPHS), Montana Association of School Superintendents, Billings Clinic, Albertsons, Wendy's

BSSG Major Sponsors: First Interstate Bank, Kampgrounds of America, Bresnan Communications