



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 6 Mar. 8-12

Did you know? Montana holds the record for the coldest temperature in the lower 48 states — on January 20, 1954, it was -70 degrees Fahrenheit in Roges Pass, Montana. Brrrrr!!! It may be too cold to play outside, but you can play board games, build a fort with blankets and pillows, or read a book to stay warm inside and have fun!

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a YELLOW or ORANGE FOOD every day:

- Yummy **YELLOW/ORANGE** fruits are fun to eat – like the sweetness of tropical pineapples or mangos (fresh, canned, or dried). Oranges and tangerines are juicy and fun for breakfast!!
- Awesome **ORANGE/YELLOW** veggies are great for snacks or meals – like crunchy baby carrots with low-fat Ranch dip or frozen carrots and peas cooked together.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: How do you make milk shake?

A: Give it a good scare!

Milk contains bone-strengthening calcium and the essential vitamin D. You can drink milk with any meal, even with your favorite cookie!

After-School Power Snack Idea:



Turkey Ranch and Cheese Snacks



Top crackers with small slices of turkey and cheese, followed by a dollop of ranch.

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