



Program Of  
MONTANA'S  
**BIG SKY**  
STATE GAMES

Presenting Sponsor



**Week 9 Mar. 29-Apr. 2**

**Did you know?** The Yellowstone River, running from Wyoming into Montana, is the longest free-flowing river in the lower 48 states. The river stretches 670 miles without the presence of a dam. This river is also known for great fishing! Fishing is a great way to spend the day, and if you're lucky, you'll bring home some dinner!

### **Big Sky Fit Kids (2010) Nutrition Challenge**

Tasty Tips for Fit Kids from Eat Right Montana

#### **Cut back on greasy fries:**

- When you go out to eat fast food, eat fewer fries with your burger or sandwich. You can order one medium fries and share it with a friend (or your brother, sister, mom, or dad).
- If you go to Wendy's®, McDonald's®, or Arby's®, you can enjoy a cool kid's meal with fruit (apples or Mandarin oranges) instead of fries. (And, you can get body-building milk instead of pop too!!)



[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

Prepared by Dayle Hayes, MS, RD

#### **Brain Buster**

Q: How did the farmer fix his jeans?

A: With a cabbage patch!

Cabbage, which is full of vitamin C, can be cooked in stews, soups, or casseroles.

#### **After-School Power Snack Idea:**

\*Adult assistance needed\*

Peanut Butter and Jelly Sushi Rolls

Remove the crust from two slices of bread. Flatten the bread with a rolling pin. Next spread peanut butter and jelly onto the bread and roll up the bread into a tight spiral. Cut each spiral into four pieces and you now have PB&J Sushi Rolls.

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