



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

Presenting Sponsor



**Week 1 Feb. 1-5**

**Did you know?** Montana is home to the world's shortest river, the Roe River in Great Falls. River activities like swimming, fishing, and tubing are fun! But always remember to **BE SAFE!**

### Big Sky Fit Kids (2010) Nutrition Challenge Tasty Tips for Fit Kids from Eat Right Montana

#### **Get your whole grains at breakfast:**

Breakfast is the best way to feed your brain and your body for success. When you eat a smart breakfast, you'll be able to do well in school and play hard at sports.

Whole grains are an important part of a super smart breakfast. Getting those grains in as simple as a cold cereal, like Cheerios®, or oatmeal with some nuts, a few raisins, and a little honey.



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

Prepared by Dayle Hayes, MS, RD

#### **Brain Buster**

Q. Q. What is a skeleton's favorite drink?

A: Milk! It's so good for the bones!

Drinking milk is an easy way to get your daily dose of calcium to help build strong bones!



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

*\*Adult assistance needed\**

Blueberry Cracker Bites

Spread cream cheese evenly onto your favorite crackers and then top with your favorite fruit. (Blueberries, apples, grapes, etc.)



#### **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