

Tip of the month! Teach Them!

Discuss how their bodies work and why it's important to fill our bodies with healthy nutritious food! By keeping your child's likes and dislikes in mind, serving small portions and encouraging them to try new foods, you will help to create a positive attitude towards healthy eating.



DECEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	