

Tip of the month! Keep Fruits and Vegetables in Sight!

Stock your fridge full of washed and ready to eat fruits and veggies. Having them cut up in slices makes it even easier for your kids to reach in and grab a quick healthy snack.



MAY 2010

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