

## Parent Activity Calendar

### MARCH

*Put your child in charge of your healthy habits...and you'll both experience the benefits!*

#### Help Me with My Health!

Is there anything children like better than feeling smarter than their parents? This month, choose a healthy habit you want to improve, and ask your kids to help you. The only rule is they have to do whatever it is they're assigning you. So if you have to walk a mile every day, they walk a mile as well. If you eat more vegetables, they eat more vegetables too.

At the end of the month, you'll both have developed a new healthy habit. Next month, you can add another one!



### APRIL

*Make healthy habits a learning experience by checking out the supermarket together!*

#### Tour the Grocery Store

Show your child around the grocery store and talk about how to shop for your health.

Around the outside aisles of the store, you'll find fruits and vegetables, meats, fish, milk, bread and eggs. Explain to your child that the more you shop from these areas, the better. These are foods that are close to their natural state. That's why most of them don't have to have food labels.

Now go into the aisles. Pick up boxes and bags and read the labels together. What is in those crackers, chips or sodas? Do you see all natural ingredients or are there chemicals that you can't even pronounce? How much sugar is in them? How much salt? How much fat?



Explain that eating lots of sugar, fat and salt makes us sick over time with diseases like diabetes and heart disease. Remind your child that we can help our bodies stay strong and healthy by eating more of the natural foods that bodies were designed to use for fuel.

Talk with your child about ways your family can add more of the fresh, natural foods to your meals and which snack and processed foods you can give up or save for very rare treats.