

## Parent Activity Calendar

### MAY

*Here's an engaging way to plant the seeds for healthy eating habits!*

#### Grow Healthy Together

This month, plant a vegetable garden so you can harvest fresh food from your own backyard or patio in a few months.

You can plant a few small tomatoes in a patio pot. Or prepare a garden that will feed your family for months. Either way, you can't beat the benefits of eating food you've grown with your own hands.

Talk with your child about how plants use sunlight and air to grow, and how their bodies are using that same sunlight energy when they digest food. Show them how to water and fertilize the plants to get a robust harvest.

You can buy small vegetable plants already started at home stores, greenhouses and grocery stores.



### JUNE

*Turn the recommended daily serving of fruits and vegetables into a mix of great taste and healthy lessons!*

#### A Big Bowl of Healthy

Now that fresh foods are coming into season across the country, make a delicious salad with your child using a wide array of colorful fruits and vegetables. As you enjoy it together, talk about the healthy benefits of vegetables, and why it's important to have at least five servings a day of fruits and veggies.

#### *For instance, fresh fruits and vegetables:*

- ✓ Are filled with healthy vitamins and minerals that help you grow
- ✓ Have many powerful antioxidant and “phytochemicals” (the chemicals that give them their bright colors) that fight disease
- ✓ Include lots of fiber that is good for digestion
- ✓ Give you a continuous, even flow of energy (unlike candy bars, which give you a lot of energy fast and then leave you sleepy)
- ✓ Are low in fat and cholesterol
- ✓ Are beautiful and delicious

Use as many locally grown fruits and vegetables as you can find to make your salad. It might be fun to go to a farmer's market together and let your child help pick the things that look most delicious to him or her. A chopped salad from the grocery store can work too.

For extra fun, have your salad outside in the sunshine.

