

December:

Be Dairy Strong and Build Bones!

*Healthy Eating + Physical Activity =
Better Health and Better Students*

It's recommend that children have at least three low-fat milk products each day (milk, cheese, yogurt, or another milk product).

Building strong bones not only takes eating bone strengthening foods, but also exercise like muscle strengthening and moderate to vigorous physical activity.

Check out www.HealthMPowers.org and follow us on    @HealthMPowers

Attention Families:

*Go to the **December** section of your child's student planner and read the information on healthy eating and physically activity.*

*As a family, complete all of the activities for the month of **December**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Heathy Habits Challenge**.*

