

January: Eat Smart and Move Smart!

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

EAT: Keep your child healthy by serving a variety of protein. Serve more beans, nuts or eggs as substitutes for lean meat. Avoid sausages, ham, bacon & processed deli meats.

DRINK: Give your child an edge by providing them with water instead of sugary drinks.

MOVE: Be an active family! Encourage your child to sit less and move more.

Attention Families:

Go to the **January** 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 **January**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Healthy Habits Challenge**.



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