

November: Color My Plate and Stretch!

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

Serve a colorful mix of fruits and vegetables each day. Help your family get the nutrients they need by serving a variety of vegetables at least three times a day.

Adults and children can also benefit from doing stretching exercises and muscle strengthening exercises!

Attention Families:

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



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