

October: Mix it Up!

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

One way to make sure that your child is eating healthy is to serve 2 fruits and 3 vegetables each day. Try to make half of your child's plate at each meal fruits and vegetables. Select 100% fruit juice when choosing a fruit drink and mix in some water to reduce the sugar content. Children need to be active 60 minutes each day. Be active with your child!

Check out www.HealthMPowers.org and follow us on



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Attention Families:

Go to the **October** 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 **October**. For example, students in grades 1-2, complete the **Family Challenge**.

Students in grades 3-5, complete the weekly **Take Home Healthy Habits Challenge**.

