



December 2011

NOURISH
INTERACTIVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 Raining outside? play a board game.	 5 Limit TV to 2 hours a day.	 6 Have a fresh salad or soup before you head out to that holiday bash	 7 Cube cantaloupe melon and wrap with a thin strip of prosciutto for a healthy appetizer.	 8 Cranberries are in season and a great source of vitamins and antioxidants!	 9 Preschool is a time when of lifetime attitudes toward food are formed	 10 Bundle up and go for a walk together.
 11 Make time for family dinners to share your day.	 12 Careful with the eggnog. 1 cup can be almost 350 calories	 13 Try an ounce of nuts a day for some healthy oils.	 14 Set a healthy goal for the next 12 days.	 15 At a holiday event, indulge in your one favorite food.	 16 Try substituting a few healthy ingredients in your favorite recipes.	 17 Make cocoa for a cozy drink for the kids with low fat or nonfat milk.
 18 Holiday season can be very hectic. Stay active	 19 Increase activity by taking stairs instead of the escalator or elevators	 20 Take a break from the stress of family togetherness for a brisk 10-minute walk	 21 Try spray butter for your dinner rolls and veggies.	 22 Slice a kiwi fruit in half and teach your child to use a spoon to scoop it out.	 23 Children need a healthy snack between meals.	 24 Happy Holiday. Enjoy family bonding time.
 25 Happy Holiday. Enjoy family bonding time.	 26 Children are more accepting of a new food if they've learned about it first	 27 Plan a family activity.	 28 Turn off the TV and play some family games.	 29 Take a healthy snack on the road.	 30 Talk as a family about healthy goals.	 31 Decorate the table with the colors from veggies and fruits.