



Take the Children's Health Month Challenge!

Eat well. Serve smart. Get active.

Eat Well:

- Introduce a new healthy food with one your family already enjoys eating
- Try not to serve meals in front of the television
- Allow family members to stop eating when they are no longer hungry
- Aim to include at least five servings of fruits and vegetables daily



Choose to eat healthier and become more physically active!

How much healthier can your family be in one month?

Serve Smart:

- Use grains, such as oatmeal and brown rice, to increase your family's fiber intake
- Water, fruit and vegetable juices are better for your family than soda, coffee or alcohol
- Liquid vegetable oils such as olive and canola oil are healthier for your family than cooking with margarine, lard or butter
- Try to limit salty, sugary and fatty foods in your home

Get Active:

- Aim for 30 minutes of physical activity daily - it does not have to be done all at once. Everything counts - playing, gardening, climbing stairs, walking, etc.
- Consider walking with your children instead of driving whenever possible
- Try to limit television time and encourage active play instead

