



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week 1**

Find the fruit & veggie of the month at [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

Set a healthy food or exercise goal for the new year.

Don't forget your first goal – eat more fruits & veggies each day!

**Week 2**

Ask your family about their food or exercise goal for the new year.

Discuss challenges to meeting your goals. How can you overcome these challenges?

**Week 3**

Even though it may be cold outside, don't forget to be physically active this week!

If you drink juice, choose one with 100% fruit juice.

When choosing between two snacks, choose the snack with less sugar.

**Week 4**

Don't forget to choose a variety of foods from each food group today!

Watch your portion sizes and don't eat too much of any one food.

**Week 5**

Compare menus at the local fast food restaurants you go to. Which has healthier options?

Choose to drink milk or water today instead of soda or juice.

Go to a farmers' market this weekend to see what fruits & veggies are available this month.



## Healthy Choices

