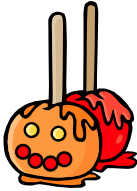
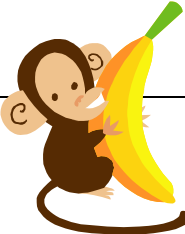



November 2007

	Mon	Tue	Wed	Thu	Fri	Sat
				1 Look over all Halloween candy for open or rotten treats before allowing kids to eat.	2 Only send one Halloween Treat to school. Be careful of choking hazard.	
Break fast Quick Tips	5 Keep OJ or milk key parts of breakfast versus fruit drinks	6 Mix yogurt, cinnamon & vanilla in a small bowl. Core and slice apple to dip into mixture	7 Spread PB on a slice of bread, drizzle with honey, top with another slice of bread. Use cookie cutters for fun shapes.	8 Let kids turn bagels, cream cheese, and assorted toppings into an edible zoo E.g. Use raisins as eyes, noodles as whiskers etc.	9 Make Fruit Kabobs Cut pieces of your favorite fruit and skewer. Melt PB for a tasty dip	
Snack Ideas	12 Pre cut raw veggies after shopping, put in small baggies for fast easy snacks – add a little dip	13 Mix shredded carrots, raisins, unflavored yogurt & a bit of honey for a crunchy salad	14 Ants on a Log Fill celery sticks with cream cheese or cheese spread top with raisins.	15 Watch a movie last night? Bag the leftover popcorn for a light snack	16 Spread a light layer of mayo on a slice of turkey. Place a cheese stick in the middle and roll up tightly.	
Lunch Techniques	19 Try pita or tortillas with color instead of bread	20 Flatten bread with rolling pin, add PB and Jam and roll up	21 Cube your child's favorite meats and cheeses, pack in a multi-sectioned container, send toothpicks/pretzels for kabobs or crackers for stackin'.	22 Remove crusts from bread and cut out different shaped sandwiches using cookie cutters.	23 No School Day Enjoy hot soup and sandwiches	
Tips	26 From calming classical to rowdy rock, tunes are all it takes to get the blood pumping in the morning	27 Get up 15 minutes earlier, it will give you time to make a hot breakfast that you might not normally have time for.	28 Mini muffins are the perfect size for kids lunches	29 Let the kids help, it may take longer but makes them feel important	30 Provide small servings and many choices -- variety is a key to healthy eating	