

TOPIC OF THE WEEK: HOW TO SHOP HEALTHY

Let's Review

1. No sugary drinks
2. Stay Active
3. Limit Screen Time
4. Avoid Added sugar in Foods
5. Eat Lots of Vegetables
6. Make your Grains Whole Grains
7. Watch Out for Big Portions
8. Get Plenty of Sleep
9. Make Meals at Home
10. Don't Skip Meals



Congratulations on all of the wonderful changes you have made through the program! Sticking with these changes after the program is a big part of maintaining your family's new healthy lifestyle. A big part of staying with new habits is knowing that there will be times when you drift away from these changes, recognizing when these "drifts" occur, and then setting goals to bring your family back to the healthy habits you've learned.

The work does not stop here! We will continue to work with you!! Keep an eye on your emails for future opportunities!

YUMMY DIP FOR VEGGIES



This is a healthier and yummy alternative to ranch! You can dip your fresh veggies to this delicious protein.

INGREDIENTS:

- 1 7 oz. container plain, unflavored, Greek Yogurt or Cottage Cheese
- 1 package of powdered ranch

DIRECTIONS:

1. Place all of the powdered ranch in either the Greek yogurt or cottage cheese.
2. Stir and mix together.
3. Pair with your favorite veggie.
4. Enjoy!

TIP: Tastes great with broccoli, carrots, cucumber and bell peppers!