

Pick A Better Snack December Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Happy December! Today is Eat a Red Apple Day! Apples are full of nutrients and with a little cinnamon, make for a great winter snack!	2 It's a great day to fight pollution on world pollution prevention day. Do your part by recycling your paper products and aluminum cans!
5 Volunteering is a great way to build your community, Volunteer in your school garden, at the local park, or anywhere people need help!	6 The Microwave is a great way to make a healthy breakfast like scrambled eggs or oatmeal! Happy Microwave Oven Day!	7 Spread Joy today and help a friend pick a tasty fruit or a vegetable for their snack	8 Brownies are a tasty treat! Next time you have one, try eating it slowly and enjoy the taste!	9 Eat like a llama on national Llama Day and have plenty of vegetables and healthy whole grains!
12 Spend time with your friends or family building a gingerbread house on build a gingerbread house day!	13 National Cocoa day is a perfect day to make some hot cocoa, add a peppermint stick for a little extra flavor!	14 It's national Monkey Day! Eat like a monkey and enjoy some fruit, nuts, and seeds!	15 Adding lemon zest to any of your baked treats is a great way to add some vitamin C and Fiber! Enjoy Lemon Cupcake Day!	16 Chocolate can be a tasty treat, especially when it is on a strawberry or banana, add some fruit to your next chocolate treat!
19 Oatmeal Muffins are a great source of whole grains! Make a healthy choice on Oatmeal muffin day	20 Spend time singing with your friends and family on national Go Caroling Day!	21 The holiday season is a great time to look on the Brightside! Happy Wednesday!	22 Share your favorite cookie with a friend before you leave for winter break on national cookie exchange day!	23 Happy Holidays! 