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EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

EAT LOCAL, PLAY LOCAL, LIVE HEALTHY
Celebrating Healthy Families 2006

Physical Activity

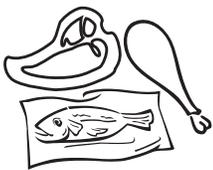
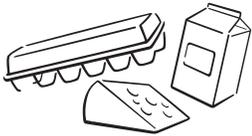
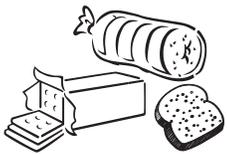


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Healthy Eating



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FOR IMMEDIATE RELEASE

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MT Department of Public Health & Human Services

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HEALTHY FAMILIES 2006

Eat Local, Play Local, Live Healthy

Month	Eat Local Theme	Play Local Theme
January	The benefits of choosing local foods	Resolve to play locally in 2006
February	Overview of locally produced foods	Let's stay active through the winter
March	Locally produced meat	Let's get walking!
April	Growing your own food	Let's bike in Big Sky country
May	Eating locally when eating out	Let's go fishing
June	Identifying local foods at the grocery store	Let's go canoeing and kayaking -from mellow to zany!
July	Farmers Markets - buy local	Let's hike - enjoying the outdoors
August	Locally produced whole grains	Let's get active with kids
September	Back to school with local food	Let's go hunting
October	Harvesting wild foods - game, fish, berries	Let's do some outdoor photography - activity and art all in one
November	Local foods in food banks and pantries	Let's find adventure through Lewis and Clark
December	Giving gifts of locally produced foods	Let's bundle up and explore - winter wonderland returns



www.montanadieticassociation.org/promo.html