



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

Let's pack a picnic - and go to the playground (or park or back yard).



Eat Right Montana Screen-Free Fun Tips



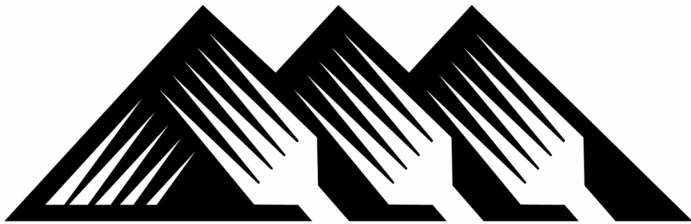
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Let's make a greeting card for _____ - and take it outside to the mailbox.



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Let's go outside - and play ball (jump rope, tag, folf, Frisbee® or hide-n-seek).



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Let's pick a chapter book - and take turns reading to each other.



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