

SUN MON TUE WED THU FRI SAT

Drunk & Drugged Driving Prevention Month

						1 Help decorate the house for the holidays!
2	3 Fact: Each year, alcohol-related crashes in the U.S. cost about \$51 billion.	4	5	6	7 Pearl Harbor Day	8
9 Build a snowman	10 Family Time: Discuss all the different holiday celebrations going on this month and which one you celebrate.	11	12	13	14	15
16 Chanukah Begins 	17	18 Help wrap gifts	19	20 Fact: Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.	21 Family Time: Go for a walk or drive and look at the holiday lights. If possible get a group together and go caroling!	22
23/30	24/31 New Years Eve	25 Merry Christmas 	26	27	28	29

Nutrition Month

Now that you are planning to make positive changes in your eating and physical activity habits, let your doctor know. Your doctor may have advice specific for you and any medical conditions you may have. You might also tell a friend or family member. Invite them to join you, it may help you to stay on track!

- Caesar Salad Sandwichs:
- 6 medium hard rolls (preferably whole grain)
 - 3 cups torn romaine lettuce
 - 1/2 cup fat-free Caesar salad dressing
 - 1/3 cup grated fresh parmesan cheese
 - 1 1/2 lbs. chicken breasts, cut inch 3 inch long strips
 - 2 tsp. olive oil
- Set the oven on broil. Cut each roll in half and scoop out the dough to form a pocket in one side of the bread. Combine the lettuce, dressing, and cheese in a bowl.
- Place the chicken strips on a broiler pan and brush with olive oil. Broil the strips of chicken for a total of 7 minutes, turning once. Add the chicken to the salad and pile the mixture into the bread pocket. Top with the other half of the bread and serve.