

CARDSfit

Family Development and Community Awareness Month



Reduce, Reuse, Recycle

Reduce the amount and toxicity of trash you discard.

Reuse containers and products; repair what is broken or give it to someone who can repair it.

Recycle as much as possible, which includes buying products with recycled content.



Community Service Community Service

Top Ten Ways to Help Children Develop Healthy Habits

1. Be a positive role model
2. Get the whole family active
3. Limit TV, video game and computer time
4. Encourage physical activities that children really enjoy
5. Be supportive
6. Set specific goals
7. Don't reward children with food
8. Make dinnertime a family time
9. Make a game of reading food labels
10. Stay involved