

HEALTHY FAMILIES NEWSLETTERS – Monthly Topics 2007 through 2010

This table summarizes the content of the Healthy Families newsletters from 2007 to the present. To find a specific page, go to www.eatrightmontana.org/eatrighthealthyfamilies.htm. Scroll down until you find the correct month and download that PDF.

Back-to-Basics 2010 Media Release	Back-to-Basics 2010 Nutrition Basics	Back-to-Basics 2010 Fitness Basics	Back-to-Basics 2010 Cooking Basics	Back-to-Basics 2010 Recipe
August 2010 Extension Agents Help Women Get Strong for Life's Heavy Lifting	Smart Reasons to Get into a Whole Grain Habit	Fun Ways to Get into a Strength Training Groove	Fun Facts about The Science of Baking	Homemade Pizza Crust
July 2010 Hot Summer Cooking Tips from a Grilling Guru	Smart Reasons to Enjoy Nutrient-Rich Fish and Shellfish	Smart Ways to Keep the Fun in Fishing	Delicious Ways to Prepare Fish Quickly and Healthfully	Grilled Citrus Salmon
June 2010 Rediscover Big Sky Country to Celebrate Father's Day 2010	Smart Ways to Enjoy Dairy if Lactose is a Concern	Funs Ways to Create A Family Physical Activity Plan	Delicious Ways to Have Your Cheese and Enjoy It Too	Frozen Treats and Simple Smoothies
May 2010 Exploring Fruit with Freeda the Fabulous Food Detective	Smart Ways to Enjoy the Sweet Flavors of Fruit	Fun Ways to Get Fit and Get Flexible	Easy Ways to Bake Quick Breads Successfully Every Time	Oatmeal Blueberry Muffins
April 2010 Cracking Open Some Myths About Eggs	Smart Reasons to Enjoy Eggs Morning, Noon, or Night	Simple Ways to Start Walking with Your Sole Mates	Successful Ways to Make Eggs Easily and Quickly	Basic French Omelet: 2 + 2 + 2 + 2 = Success

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March 2010 Gardening with Kids: Nutrition from the Ground Up	Delicious Ways to Choose Vegetables with Maximum Nutrition	Simple Ways to Build Strong Muscles at Every Age	Quick Ways to Prepare Vegetables with Maximum Flavor	Simple Stir-Fry: 1 + 1 + 1 = Success
February 2010 Smart Ways to Be Sweet to Your Heart	Delicious Ways to Enjoy the Benefits of Chocolate	Fun Ways to Get Your Heart Pumping - from A to Z	Easy Ways to Enjoy Successful Baking Projects	Bonus Brownies
January 2010 Smart Start on a New Year: Resolutions That Really Work	Smart Ways to Make MyPyramid Work for Your Family	Smart Ways to Get in Great Shape This Year	Smart Ways to Stock a Nutrient-Rich Pantry	Terry's Terrific Chicken Soup
Going Green 2009 Media Release	Going Green 2009 Healthful Eating	Going Green 2009 Active Lifestyles	Going Green 2009 Eco-Tips	Going Green 2009 Recipe
December 2009 Simple Gifts of Food and Nutrition	Give the Gift of Eating Well	Give Gifts of Fun and Fitness	Give Green Gifts for a Healthy Planet	Friendship Sour Jar
November 2009 Simple Thanksgiving Makeovers: Easier, Greener, and Healthier	Serve Up Leafy Green Vegetables	Take an Indoor Walk	Make Re-gifting Fun and Friendly	Roasted Sweet Potato Puree with Orange Juice
October 2009 School Walking Programs Benefit MT Students and Teachers	Stay Well during Flu Season	Walk and Bike to School with Children	Fashion a Greener (and Healthier) Halloween	Beef Stuffed Peppers

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September 2009 Farm-to-School Successes Grow Strong in Montana	Plan Successful (and Healthy) Fundraisers	Play Outside with Children	Bag a Waste-Free Lunch	Turkey Avocado Wrap
August 2009 Breastfeeding: Best for Baby, Best for Mom, Best for the Planet	Raise Children Who Eat Their Veggies	Enjoy Free Play with Children	Plan Greener Camping Trips	Zesty Zucchini and Tomatoes
July 2009 Active Staycations: Cool Ways to Enjoy Healthy Montana Fun	Go Green with Drinking Water	Enjoy an Active Staycation	Enjoy a Green Farmers' Market Visit	Thai Beef Wok 'N' Roll-Ups
June 2009 Montana Trails Create Greener, Healthier Communities	Go Green When Eating Out	Create Walkable/Bikeable Communities	Take Local Eco-Action Every Day	Oven Baked Salmon With Snow Peas
May 2009 Billings Schools Green Routines with Smart Recycling Habits	Go Green (and Save) with Your Fridge Habits	Make Your Fitness Habit Greener	Rev Up Your Recycling Habit	Broccoli and Red Pepper Stir Fry
April 2009 Gardening in Big Sky Country: Backyards to CSAs	Start Up a Vegetable Garden	Get Fit with Gardening	Successful Composting at Home	Creamy Pasta with Asparagus

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March 2009 Helping Children Learn to Care About Their Environment	Make Grocery Shopping with Kids Fun (and Green)	Get Kids Moving Without Spending a Fortune	Reuse, Unclutter, and Simplify Your Life	Oatmeal Pear Breakfast Casserole
February 2009 EcoNomical Solutions Save \$\$, Stay Healthy, Reduce Waste	Enjoy Nutrient-Rich Values for Your Produce Dollar	Get Strong Without Spending a Fortune	Reduce Kitchen Waste and Save Money	Spicy Lentil and Tomato Soup
January 2009 Resolutions for Healthy Families in a Healthy Montana	Understanding Current Food Lingo	Green Fitness Routine: Smart Winter Walking	How to Go Green with the Five R's of Waste Management	Delightful Waldorf Salad
It's All About Balance 2008 Media Release	It's All About Balance 2008 Healthful Eating	It's All About Balance 2008 Active Lifestyles		It's All About Balance 2008 Recipe
December 2008 Tasty Food Gifts from Big Sky	Enjoy the Gift of Vitamin D	Energizing Gifts to Share the Joy of Fitness		Healthful, Heartfelt, Holiday Gifts
November 2008 Holidays & Diabetes: Maximum Enjoyment, Minimum Stress	Pack a Nutrient Punch into Your Holidays	Stay Fit and Keep Your Spirits Bright		Silky Butternut Squash Soup
October 2008 Montana Schools Celebrate Gold Medal Performances	Enjoy Tasty (and Healthy) Party Treats	Enjoy Active Fun at Kids' Parties		No-Bake Cookies

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September 2008 Back-to-Basics for Smart Nutrition and Fitness	Maximize Your Health with Fruits and Veggies	Get Fit for Successful Hunting		Assiniboine Game Stew
August 2008 Back-to-School: Fit, Healthy, and Ready to Succeed	Back-to-school with Nutrient-Rich Foods for Successful Kids	Back-to-school with Fun Fitness for Successful Kids		Design a Wrap for breakfast, lunch, or dinner
July 2008 Summer Hikes for Lots of Fun (and Serious Fitness Too)	Delicious Ways to Keep Fruits and Veggies Fresh	Smart Ways to Take a Hike		Super Summer Salad Fun
June 2008 Why Real Men Drink More Milk	Delicious Ways to Balance Your Beverages	Easy Ways to Seize Some Summer Fun		Create a Summer Sensation Smoothie
May 2008 Happy, Healthy Days for Montana Mothers	Enjoy More Fruit and Veggie Snacks	Fun Ways to Give Moms the Gift of Fitness		Confetti Bean Salsa
April 2008 Balanced Evening Meals for Happy, Healthy Families	Tasty Ways to Slow Down and Enjoy Dinner	Fun Ways to Enjoy a Family Garden		Asian Beef and Vegetable Stir-Fry

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March 2008 Going Green and Lean for National Nutrition Month®	Tasty Ways to Enjoy Balanced Lunchtime Meals	Fun Ways to Get Fit 10 Minutes at a Time		Apple Tuna Sandwich
February 2008 Breakfast Makeover Offers Major Benefits	Tasty Ways to Enjoy Better Breakfast Bites	Restful Ways to Enjoy a Better Night's Sleep		Light-as-a-Feather Whole Wheat Pancakes
January 2008 Live Better in 2008: Eat Smart, Play Hard, Rest Well	Tasty Ways to Enjoy Balanced Meals and Snacks	Fun Ways to Enjoy a Balanced Fitness Routine		Easy Chicken Barley Soup
Eating/Playing Together 2007 Media Release	Eating/Playing Together 2007 Eating Together	Eating/Playing Together 2007 Playing Together		
December 2007 Real Easy Ways to Reduce Holiday Stress	Enjoy More Tasty Holiday Nutrition	Enjoy 10 Minutes of Holiday Fitness Fun		
November 2007 Sharing the Healthy Wisdom of Traditional Lifestyles	<i>A coalition promoting healthy eating and active lifestyles</i> Learning About Traditional Foods	Learning About Traditional Games		
October 2007 Support Smart Nutrition and Fitness at School	Tasty Ways to Enjoy Smart Nutrition at School	Fun Ways to Make School Days Active Days		

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July 2007 Summer Hikes for Lots of Fun (and Serious Fitness Too)	Delicious Ways to Keep Fruits and Veggies Fresh	Smart Ways to Take a Hike		
June 2007 Smart Summertime Moves for Happier, Healthier Kids	Easy Ways to Enjoy Cooking with Kids	Easy Ways to Enjoy Active Summertime Fun		
May 2007 Moving Away from Diets: Why and How	Moving Away From Diets: Feeding Your Body Well	Moving Away From Diets: The Joy of Movement		
April 2007 Smart Family Moves: Less TV, More Meals Together	Easy Ways to Enjoy Mealtime Conversations	Successful Ways to Reduce Screen Time		

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March 2007 Real-Life Weight Management – 100% Fad Free	Easy Ways to Eat for a Healthy Weight	Fun Ways to Walk Your Way to Fitness		
February 2007 Key Nutrients for Every Body – from Cradle to Rocker	Easy Ways to Enjoy Key Nutrients at All Ages	Easy Ways to Enjoy Fitness at All Ages		
January 2007 A New Kind of Resolution for Health and Happiness	Easy Ways to Enjoy More Mealtimes Together	Easy Ways to Spend More Time Playing Together		



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles