



May Newsletter Insert – Week 1

Building Healthy Communities: **Choosing Healthy Beverages**

This month, students will be taught BHC nutrition lessons on ‘**Healthy Drinks**’ and ‘**Sugar Shock**’. Students will learn the importance of drinking healthy beverages and staying hydrated. They’ll learn about how many beverages have too much added sugar which can be harmful to the body and why. Controlling sugar intake also helps keep [healthy teeth](#) and [Healthy Sleep Habits!](#) Check out BHC’s parent tip sheets featuring [Healthy Hydration!](#)

May Newsletter Insert – Week 2

Building Healthy Communities: **Get Active as a Family!**

This week celebrates International Day of Families and National Bike-to-Work-Day and Month!

International Day of Families highlights the importance and value of families as units. Check out BHC’s parent tip sheets on [Healthy Family Communication](#) and [Family Bonding Activities](#) to work together as a unit to help each other be your healthiest selves!

This week and month of May also celebrates ‘National Bike to Work’, which promotes the bicycle as a healthy and safe alternative for commuting! Cyclists get an aerobic workout that is a low impact exercise, so it is easy on the joints, unlike jogging! You also save money on gas, it’s better for the planet, and a healthy act of role modeling for your child(ren) to be confident in using biking as a regular physical activity! Of course, safety comes first, so be sure to also model wearing a helmet and being wary of surrounding activity!

May Newsletter Insert – Week 3

Building Healthy Communities: **Consider Eating More Meatless Meals!**

Eating meat is not the only way to get protein into a healthful diet! Protein and other nutrients from meat are readily available in alternative food sources. Legumes like kidney, black, red, navy, or other dried beans, split peas, peanuts, and lentils provide protein and iron too! Tofu and other meat alternatives are a great choice to try out, as it avoids extra saturated fats and high sodium content in processed meats. It can also save money! Check out BHC’s parent tip sheets on [Protein Sources](#) and [Shop Healthy & Save!](#)



May Newsletter Insert – Week 4

Building Healthy Communities: Fresh, Frozen, or Canned?

Fruit and veggies are great for our health, whether they are fresh, frozen, or canned! They are all very nutritious! When you buy canned fruit or veggies, find products packed in water, not syrup. Frozen fruit is great to add to smoothies and you can always freeze your own fresh if it starts to ripen too quickly for consumption! Rinse canned vegetables in a strainer to reduce the amount of salt, or rather, look for no-salt added options! Frozen vegetables are handy to add to meals, right out of the bag to add much needed nutrients! No matter what form fruits and veggies are in, try to add more to all meals. Check out [this parent tip sheet](#) to learn about the different forms fruits and veggies can be bought and used.

BHC wishes you a happy and healthy summer! Check out BHC's parent tips sheets featuring the [Health Benefits of Gardening](#) and a recipe to make [Campfire Banana Boats!](#) Thanks for a wonderful year and helping to improve the health and health knowledge of youth!