

JANUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Brown Baggin' it</u>	2
3	4 <u>Yoga for the Mind</u>	5 <u>Pumpkin Patch Soup</u>	6 <u>Growing Plants in Containers</u>	7 <u>Kitchen Basics</u>	8 <u>Color the Telescope</u>	9 <u>BINGO at Home!</u>
10 <u>Mealtime Conversation Cards</u>	11 <u>Food Safety Counts</u>	12 <u>Lentil Basics</u>	13 <u>Setting Goals for Your Money.</u>	14 <u>Between the Legs Dribble</u>	15 <u>Have a Healthy Heart</u>	16 <u>In My Garden Coloring Sheet</u>
17 <u>Veggie Word Search</u>	18 MLK Day NO SCHOOL	19 <u>Nutrition Tips for Kids</u>	20 <u>This or That?</u>	21 <u>Tomato Fact Sheet</u>	22 <u>Nourish Your Digestive System</u>	23 <u>Space Place Story.</u>
24 <u>Make Sun Paper</u>	25 <u>Check Your Steps</u>	26 <u>Make a Moon Phase Calendar</u>	27 <u>Making Paper Pots</u>	28 <u>A Pocket Guide</u>	29 <u>Healthy Snacks vs. Junk Foods</u>	30 <u>Build a Popsicle Stick Boat</u>

CLICK ON THE ACTIVITIES LISTED FOR EACH DAY



Portland Public Schools
Nutrition Services

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