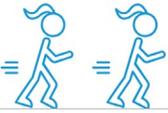
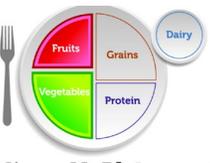




Active Women's Health Initiative



June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try REDFOODS</p>	<p>Take a Quiz 1</p> <p>Test your nutrition knowledge with one of these quizzes!</p>	<p>2</p> 	<p>Running Day 3</p> <p>Take a run/walk with your family and share a picture with us.</p>	<p>#TryItThursday 4</p> <p>Cool off on a hot day with these fresh strawberry popsicles.</p>	<p>Did you Know? 5</p> <p>Half our plate should be fruits and veggies! (Dietary Guidelines)</p>	<p>#SaturdaySnack 6</p> <p>Sliced red peppers and hummus</p>
<p>7</p> <p>Try GREENFOODS</p>	<p>8</p> <p>9</p> <p>For a fun project this week, try growing edible sprouts inside your house! Look for video instructions on our Girls Can YouTube playlist.</p>		<p>10</p> 	<p>#TryItThursday 11</p> <p>Try making basil pesto to spread on pasta or your favorite veggies.</p>	<p>Did you Know? 12</p> <p>Fruits develop from a plant's flowers.</p>	<p>#SaturdaySnack 13</p> <p>Avocado toast </p>
<p>14</p> <p>Try YELLOWFOODS</p>	<p>15</p> 	<p>16</p> 	<p>Veggie Superhero 17</p> <p>Draw a picture of your favorite fruit or veggie as a superhero</p>	<p>#TryItThursday 18</p> <p>Swap your regular noodles with spaghetti squash noodles.</p>	<p>Did you Know? 19</p> <p>Tomatoes come in many colors, including yellow!</p>	<p>#SaturdaySnack 20</p> <p>Banana and peanut butter</p>
<p>Father's Day 21</p> <p>Try ORANGEFOODS with Dad!</p>	<p>22</p> 	<p>Hydration Day 23</p> <p>Try putting sliced oranges in your water for a refreshing drink!</p>	<p>24</p>  <p>Choose MyPlate.gov</p>	<p>#TryItThursday 25</p> <p>Sweet potatoes make great tacos. Just add your favorite toppings!</p>	<p>Virtual Event 26</p> <p>Join us for some movement and healthy snack ideas. RSVP</p>	<p>#SaturdaySnack 27</p> <p>Carrot sticks with a few slices of cheese</p>
<p>28</p> <p>Try BLUE & PURPLE FOODS</p>	<p>29</p> <p>30</p> <p>Eat the Rainbow Plate Challenge</p> <p>Can you make your plate look like a rainbow with colorful fruits and vegetables? Snap a picture and share it with us.</p> 					

EVENTS

National Fruit & Vegetable Month
 All month we will be featuring healthy foods to help fuel an active lifestyle. Share your food adventures with us using the hashtag #GirlsCanEatHealthy!

Each time you (or your parents) use the #GirlsCanEatHealthy hashtag, we'll enter your name into a raffle to win a basket of food-related fun at the end of the month!

Girls Can...Fuel Up to Move!
 Join us for a virtual event to: get moving together, learn about healthy snacks, and share stories about your food adventures. RSVP here: <https://bit.ly/36yO9B6>



Fuel your active lifestyle with healthy foods!
 Share your food adventures with us using the hashtag #GirlsCanEatHealthy