For this month’s family activity, we challenge your family to build strong, healthy bones! As you learned at this month’s meeting, foods like milk, cheese, and yogurt are high in calcium, which is essential to bone building.

This month, there are two activities you can do with your family. The first is to keep track of everyone’s consumption of dairy products! You can use the chart found on the American Dairy Association’s website at www.3aday.org, or you can make your own! Just write down the names of everyone in your family on the side of a piece of paper and the days of the week across the top. Every day, for each person, you can make three boxes labeled milk, cheese, and yogurt. Each evening, your family can get together to count up how many of each type of dairy food you ate! You goal should be to eat three of these dairy products per day!

When everyone is done filling in the chart for the evening, do fifteen minutes of weight-bearing activity to strengthen your bones and muscles! You can do one activity for the entire fifteen minutes or you can try more than one activity! Some things you can do include: walking, running, skipping, hopping, jumping rope, jumping jacks, push-ups, and climbing stairs!

Another activity your family can do together the next time you visit the grocery store is the “Digging for Calcium” scavenger hunt (Source: www.nih.gov). You will learn what foods are the best sources of calcium by exploring the Nutrition Facts Label on each item! You can find the “Digging for Calcium” activity on the State 4-H website at http://www.4-h.uiuc.edu/opps/move/.