

VULCAN COUNTY WELLNESS CHALLENGE

June 2022

Eat Healthy

Eat Breakfast Every Day

Make Water Your Drink of Choice

Cook More Often

Have Plenty of Vegetables & Fruit

Eat Plant Protein More Often

Choose Whole Grain Foods

SUN

MON

TUES

WED

THURS

FRI

SAT



5 With a little planning and [some tips](#), you can enjoy holiday celebrations with family and friends.



6 Not a breakfast eater? Start small, with a piece of fruit, and work your way up! Watch this [video](#) to learn how to build a healthy breakfast.

7 Don't like drinking water? Try cucumber water or [5 ways to add flavour to your water](#) with fruits or herbs.



8 Are you willing to cook fish from scratch? Follow this very easy [tilapia recipe](#).



9 Try these [tasty dips](#) packed with veggies, fibre, and protein!



10 Cook this [Lentil and Rice Soup](#) to get all food groups and plant protein.



11 Try [Orzo Salad](#) made with whole grain pasta to keep you feeling full for longer!



12 Healthy snacks can be an important part of your daily eating habits. You can find snacking tips [here](#).

13 Breakfast can be a good chance to share a healthy meal with your family. [Wake Up to Breakfast Every Day!](#)



14 How much sugar are you drinking? Find out with the [Liquid Candy activity](#).



15 You can make cooking easier and faster by using following [ideas](#).



16 Try [Carrot and Apple Salad](#) recipe that won 1st place on the Kids Recipe Challenge!

17 You can follow this [easy recipe](#) to make humus and eat it for lunch or snack.



18 [Cinnamon French Toast](#) is easy to make on weekend!

19 Use [these ideas](#) for what to make and how to pack healthy lunches



20 Check out [@eggsouefs](#) on Instagram for some fabulous egg recipes!



21 Carry your own water bottle for a refreshing drink anytime, anywhere.



22 Use this [Easy Mini Quiche Muffins](#) recipe to have all food groups in each portion. You can freeze it for later use!

23 Check out this [video](#) for fun ways to add veggies & fruit into meals and snacks!



24 [Tofu](#) contains plant proteins too and could be very delicious!

25 You can make [Favourite Oatmeal Pancakes](#) on Saturday morning for your family.



26 Do you want to spend less money for groceries? Use this [handout](#).



27 Try [Yogurt Parfait](#) for breakfast. It's both smooth and crunchy!



28 What's an energy drink? How do they affect me? Find out with The [Energy Drink Buzz](#).

29 Give your leftovers new life with these [2-in-1 recipes](#)! Try making banana bread tonight.



30 Interested in growing your own vegetables or herbs? Get helpful tips [here](#).



Access online calendar at:
<http://bit.ly/VCWC2022>

Developed by
Calgary Zone Public
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Services