

**GET IN STEP...**

**DAIRY**



**FRUIT**

**WITH**

**VEGGIES**



**WATER**



**HEALTHY FOODS**



# November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				