

Text2B Healthy Example Text Messages

8/1/2014 20:00	Summertime is a great time for fresh tomatoes & peaches. Try our Summer Stuffed Tomatoes recipe with peaches on sale @ Giant. www.tiny.cc/tomatopeach
8/13/2014 20:00	Summer break is almost over! Spend time outside with the kids. Choose 4 different toys. Let your child be creative and come up with a new active game!
8/21/2014 21:00	Wash Grove Parents! Would you like to be part of our Text2BHealthy evaluation? Complete surveys during the year & earn up to \$75. Reply YES to be considered!
8/22/2014 20:00	Visit the Back to School Fair @ Carver Education Services Center Sat. from 11 am-2 pm. Music, games & more! For more info click here: www.tiny.cc/schoolfair
8/29/2014 20:00	Celebrate Labor Day this Monday with the Gaithersburg Parade on the streets of Olde Towne @ 1 pm. Bring the whole family & enjoy marching, dancing, & music!
9/4/2014 20:00	Text2BHealthy wants to wish you a great start to the new school year! Help save money & remember to fill out the free & reduced meal forms & return to school.
9/16/2014 20:00	It's Homegrown School Lunch week in Maryland! Check the school lunch menu with your child and encourage them to try a locally grown fruit or veggie this week!
9/26/2014 20:00	It's officially fall! Get some healthy activity in this weekend. Take the kids on a long walk and see if they can point out signs of fall!
10/8/2014 20:00	Today is National Walk to School day. Take time & walk your child to school one day this week. If you can't walk to school, try an evening walk together.
10/14/2014 21:00	It's National School Lunch Week! Celebrate & encourage your child to try a healthy food. Washington Grove is serving spinach salad with grape tomatoes tomorrow!
10/17/2014 21:00	Some Washington Grove students had an apple tasting @ school! All took home a newsletter. Have an apple tasting at home with your family!
10/24/2014 21:00	Did you know pumpkins are fruits? Try a new pumpkin recipe with your family. Visit our blog at www.eatsmartmd.blogspot.com for fun ways to prepare pumpkin.
10/29/2014 21:00	Wash Grove students will have a Festive Fall Day tomorrow from 10am-2:30pm. There will be pumpkin bowling, sack races & more! Encourage your child to be active!
10/30/2014 21:00	School is out Friday! Plan ahead with healthy snacks for your child. Try clementine pumpkins with celery stems or banana men using raisins for the eyes!
11/1/2014 15:00	It's time to turn back the clocks - that means an extra hour this weekend! Spend time with the family & prepare a meal together. Kids can wash the veggies!
11/4/2014 22:00	Take a break from the sugary candy, and put candy in the freezer for later. Try a different kind of sweet, healthy treat like grapes, yogurt, or pumpkin seeds.
11/7/2014 23:00	It's squash season! Acorn squash is on sale @ Food Lion 99 cents per pound. Try our Spicy Apple-Filled Squash recipe this weekend: www.eatsmartmd.blogspot.com
11/13/2014 21:00	Be your child's best role model. When they see you eat healthy, they will too! Include a fruit or veggie @ each meal this week & talk about how good they taste!
11/16/2014 19:00	Wow it's cold! Don't let the weather stop your family from being active. Start each morning this week with an activity like jumping jacks, yoga, or toe touches!
11/17/2014 22:00	Some Wash Grove students had a nutrition lesson & tried new foods. All students got a newsletter with a Pumpkin Parfait recipe. Try this healthy treat @ home!
11/18/2014 23:30	Wash Grove is having Thanksgiving lunch tomorrow. Turkey, mashed potatoes, fruit & celery sticks are on the menu. Ask your child to pick from each food group!

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11/25/2014 23:00	Sweet potatoes are on sale @ Giant. You can make mashed sweet potatoes as a healthy dish for Thanksgiving. The children can help! www.tiny.cc/sweetpotato
11/27/2014 19:00	Happy Thanksgiving from Text2BHealthy! Leftovers can be the best part of your holiday. Make the most of your food! Try these recipes www.tiny.cc/eatsmartblog
12/2/2014 23:00	Tomorrow is Dine in for Healthy Families Day! Celebrate by having a healthy meal at home with your family. Your child can help stir ingredients & wash veggies.
12/5/2014 22:00	Make time for physical activity this season. Park far from stores for extra steps or play winter themed games with the kids like freeze tag & reindeer races.
12/12/2014 22:00	Frozen veggies are on sale @ Giant. Stock up for an easy way to add veggies to your day. Throw them in soup, salads, or enjoy as sides!. Let your child pick!
12/17/2014 23:15	The holiday season is busy. Take time to spend with your family. All meals and snacks can be family meals! Plan to eat together at least 3 times this week.
12/19/2014 22:00	This month 4 graders had a nutrition lesson and tried a Cranberry Apple Salad. Your child has a newsletter with the recipe. Try it at home.
12/22/2014 21:00	Try "winter reindeer" - a healthy snack at home. Spread peanut butter on whole wheat bread triangles. Use raisins for eyes & nose & twisted pretzels as antlers.
12/28/2014 19:00	Keep kids active with a family fitness challenge while school is out! Pick an activity for each day of the week. Ideas here: www.eatsmartmd.blogspot.com .
12/31/2014 19:00	Start early with 2015 healthy choices. Choose healthy dips like hummus or salsa. Swap out chips for veggies like carrots & celery. Don't forget to be active.
1/8/2015 23:00	Start the new year with healthy habits. Invite your kids to join the two bite club. Try a new fruit or veggie this week or prepare their favorite in a new way.
1/9/2015 22:00	It's cold outside! Keep the family warm with homemade soup this weekend. Giant has frozen veggies - 4 bags for \$5. Try minestrone soup: www.tiny.cc/minestrone
1/15/2015 22:00	Plan ahead for after school snacks. Eating healthy can be fun! Try Banana Snowmen - banana slices for a body, stick pretzels for arms & raisins for eyes.
1/18/2015 19:00	The kids are off school tomorrow! Make sure they move around & are active. Let them come up with their own set of dance moves & perform for you.
1/16/2015 22:00	Washington Grove students had a nutrition lesson & tried Confetti Spaghetti. Look for the newsletter & recipe next week. Try @ home and add color to your plate!
1/21/2015 22:00	Text2BHealthy wants to thank you for being part of our program! We hope you enjoy the nutrition, physical activity, grocery, & school tips! If not text stop.
1/23/2015 21:00	Keep snacking fun. Let your child decorate a snack bowl to fill with their favorite fruits & veggies. Citrus fruit & broccoli are on sale @ Giant.
2/1/2015 19:00	IT'S GAME DAY! Be active while watching the Super Bowl. Create a football toss, play bean bag football with the kids and have a dance party during halftime!
1/30/2015 22:00	Plan for healthy snacks this weekend. Try veggies & fruits with healthy dips like low fat yogurt, salsa, & guacamole. Try MyPlate Salsa www.tiny.cc/salsa
2/4/2015 22:00	Spend time as a family without screen time! Limit TV time to 30 min. & be creative to get your family moving! Check our blog for ideas: www.tiny.cc/eatsmartblog

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2/12/2015 22:00	Some Wash Grove students tried red foods like cherries, tomatoes, & blood oranges. Try a red food tasting @ home. All students are bringing home a newsletter.
2/14/2015 16:00	Happy Valentine's day! Celebrate with the ones you love. Spoil them with healthy red foods & fun activities. Check our blog for ideas: www.tiny.cc/eatsmartblog
2/16/2015 22:45	It's snowing! Plan ahead & have foods on hand that won't spoil. Canned meat, beans, fruits, veggies, whole grains & peanut butter are good choices!
2/20/2015 22:00	It's cold outside! Warm up with a healthy treat. Pears are on sale @ Food Lion. Slice & bake with cinnamon & honey @ 350 for 45 min. Let kids drizzle toppings!
2/27/2015 22:00	Take the family to the Gaithersburg Library tomorrow from 2-4 p.m. to celebrate Chinese New Year! Learn a new dance routine to try at home with the kids.
3/2/2015 22:00	Set your child up for success by eating breakfast! Serve whole grains, fruit, & low-fat milk. Encourage your child to eat breakfast at home or school everyday!
3/6/2015 22:00	Sunday is daylight savings and we lose an hour. Save time with quick and easy meals this weekend. Check our blog for suggestions: www.eatsmartmd.blogspot.com
3/12/2015 21:00	The sun is finally out! Enjoy time with your child. See how many animal poses they can do, go on a walk looking for signs of spring & have a bunny hop race!
3/15/2015 15:00	Be ready for St. Patrick's Day next week with a green food tasting! Green grapes, cabbage, kiwi & asparagus are on sale @ Giant! Kids love it!
3/13/2015 21:00	Washington Grove 1st graders learned about seeds this week. All students took home a newsletter. See if your child can name fruits and veggies that have seeds.
3/24/2015 21:00	Celebrate Maryland Day tomorrow with school breakfast. Did you know your child gets school breakfast each morning in their class? Ask them what they had!
3/27/2015 21:00	Washington Grove 4th graders had a nutrition lesson & tasted green foods like asparagus, snap peas, kiwi & more. Try a green food tasting @ home this weekend!
4/3/2015 21:00	Kids love grocery shopping! This week let them shop with you and pick a fruit or veggie for the family! Strawberries & sweet potatoes are on sale @ Giant!
4/6/2015 14:00	Spring is here & the kids are on break! Make it a healthy one! Check our blog for a spring break challenge to do with the kids: www.eatsmartmd.blogspot.com .
4/9/2015 21:00	The Cherry Blossom parade is this weekend in DC. Can't make it to the city? Take a walk around your neighborhood and see how many colors you can find in bloom!
4/14/2015 21:00	April is national garden month! Did you know seeds can be purchased with EBT cards? Celebrate the month by planting fruit or veggie seeds with the kids.
4/17/2015 20:00	Kids need a variety of veggies to be healthy. Try serving more than one type of veggie @ dinner this week! Tomatoes and asparagus are on sale at Giant.
4/22/2015 21:00	Some Wash Grove students had a nutrition lesson & tried whole grain foods. All students got a newsletter on whole grains. Have a whole grains tasting @ home!
4/28/2015 21:00	Enjoy the spring weather this week! Take the kids outside & set up an obstacle course. Include running, jumping, & throwing! Kids can help make a course!
5/1/2015 21:00	Let the kids help make a healthy salad this weekend! Spinach & strawberries are in season now! Try our Fruit & Spring Green Salad www.eatsmartmd.blogspot.com
5/4/2015 21:00	It's screen free week! Turn off computers & the TV & be active with your family. Visit www.eatsmartmd.blogspot.com for fun family activities & ideas.

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5/8/2015 21:00	Celebrate Mother's Day with a special family breakfast! Try Fabulous Fruit Muffins @ www.tiny.cc/fruitmuffin . Strawberries are on sale @ Food Lion!
5/12/2015 21:00	Wash Grove 1st graders had a nutrition lesson and tried mango salsa! All students got a newsletter! Try mango salsa at home as a family: www.tiny.cc/mangosal
5/15/2015 21:00	Enjoy the Gaithersburg Book Festival this Sat. from 10am to 6pm @ The City Hall Grounds. Walk around with the family & look for books on fruits & veggies!
5/25/2015 15:00	Happy Memorial Day! Let your child cool off playing water games outside. Try a water balloon toss, running through the sprinkler, or water bottle squirt tag.
5/22/2015 21:00	Get ready for Memorial Day Weekend! Plan a healthy BBQ- make sure you have a fruit & veggie. Giant has corn on the cob 10 for \$2 & whole watermelon for \$4.99!
5/29/2015 20:00	The Farmers' Market @ 301 Main St. in Old Town is open Sat. 9am-2pm with fresh fruits & veggies. Take the kids & let them pick a new fruit or veggie to try!
6/4/2015 21:00	Summer break is almost here! Ensure kids get the nutrition they need with the FREE summer meals program. Watch for a flyer in the backpack for more info.
6/5/2015 21:00	Spend the weekend outside picking fresh strawberries! Kids can help @ Butler's Orchard 22200 Davis Mill Rd Germantown MD 20876! Bring your own bucket!
6/10/2015 21:00	It's getting warmer out! Be sure to stay hydrated! Avoid sugary drinks & try fun flavored water instead. Add lemon, berries, cucumbers or mint to your water!
6/12/2015 21:00	Take the kids to the Celebrate Gaithersburg Festival Sunday 12-5pm (East Diamond & Summit Ave.). Kids can be active with a moon bounce, scavenger hunt, & more!
6/18/2015 21:00	Father's Day is this weekend! Celebrate a special loved one with a healthy breakfast. Let the kids help make a Breakfast Banana Split www.tiny.cc/banana...
6/24/2015 21:00	School's out for summer! Text2BHealthy will still be sending tips this summer. If you no longer want messages or your child is leaving the school, reply stop.
6/30/2015 21:00	It's summer! Ensure kids get the nutrition they need with the FREE summer meals program. Find a site near you: www.mdsummermeals.org & enter your address
7/3/2015 15:00	Happy Fourth of July weekend! Celebrate stars & stripes with a family meal! Try Confetti Apple Slaw for a healthy twist to an old favorite www.tiny.cc/appleslaw
7/14/2015 21:00	Peaches are in season and on sale @ Giant this week! Peaches are a great grab 'n go snack and taste yummy with low fat yogurt, cottage cheese, or cereal.
7/17/2015 21:00	Visit Bohrer Park for the 3rd annual SportsFest on Saturday from 8:30 am - 11 am. Let the kids test their skills by trying different sports. Free to attend.
7/22/2015 21:10	Summer meals are a great way to save money & get a FREE meal when school is out. Has your child visited a summer meals site in your area? Reply YES or NO.
7/22/2015 21:00	Text2BHealthy checking in this summer! We hope you are having a great summer. We will be sending you a question in about 10 minutes about summer meals.
7/31/2015 21:00	It's hot this weekend, but you can be active while staying cool. Swim at the neighborhood pool, run through the sprinkler, or play catch with water balloons!
8/6/2015 21:00	Kids bored with their morning breakfast? Make Fabulous Fruit Muffins together this week. Muffins make a great grab-n-go snack too! www.tiny.cc/eatsmartblog
8/21/2015 21:00	Enjoy the last few days of summer break with great in-season fruits! Peaches, plums & nectarines are now on sale at Giant. Great grab and go snacks for kids!

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8/28/2015 21:00	Visit the Back to School Fair @ Carver Education Services Center Sat. from 11am-2pm. Music, games, health screenings & more! Info here: www.tiny.cc/schoolfair
8/31/2015 21:00	School started today! Text2BHealthy wishes your child a great school year. Encourage your child to eat breakfast @ home or school everyday for energy to learn!
9/4/2015 21:00	Enjoy the Labor Day weekend outside! Play tennis with balloons & paper plates. Cool off with games like a water balloon relay or water bottle squirt tag.
9/11/2015 21:00	Have healthy snacks on hand when kids get home from school. Food Lion has baby carrots on sale now. Visit our blog for more ideas: www.tiny.cc/eatsmartblog
9/17/2015 21:00	Enjoy the weather outside tonight. Take a family walk around the neighborhood after dinner. See how many animals or plants your child can spot on your walk!
9/21/2015 21:00	Wash Grove is celebrating Farm to School week! Encourage your child to try a local food at lunch. Hint: local cucumbers & plums are on the menu tomorrow!
9/23/2015 21:00	Come to Wash Grove tomorrow night for Play Soccer with Ms. Moran from 7-8 p.m. Let your kids be active & learn about soccer. For more info, call school office.
9/25/2015 20:00	Hi ((first_name))! Please complete this survey by 10/16 for a chance to win an iPad! Someone @ Washington Grove will win. Click here: www.tiny.cc/healthy-families
9/24/2015 18:00	Correction: "Come Play Soccer with Ms. Moran" starts at 5:45PM tonight. We are sorry for sending the wrong time yesterday.
9/30/2015 21:00	Good evening! Text2BHealthy is updating information on our parents. If you still have a child that attends Washington Grove, reply YES. If not, reply NO.
10/2/2015 21:00	Pears are on sale @ Shoppers this week for 1.69 per pound. Slice pears to add to a salad, or sprinkle with cinnamon & bake for 5-10 minutes for tasty dessert.
10/6/2015 21:00	Tomorrow is Walk to School Day. Enjoy a morning walk with your child to start the day. If you can't walk to school, plan for an evening walk after dinner.
10/12/2015 21:00	It's National School Lunch week! Encourage your child to try a new fruit or veggie this week. Hint: carrots, broccoli slaw & fruit are on the menu tomorrow!
10/13/2015 21:00	Reminder: Complete this survey by Friday to be entered into the iPad drawing! Someone @ this school will win. Click here: http://www.tiny.cc/healthy-families
10/16/2015 21:00	Take the family to the World of Montgomery Festival Sunday 12pm-5pm @ Montgomery College. Enjoy hands-on cooking for kids & learn a new dance to try at home!
10/21/2015 21:00	Wash Grove 1st & 4th graders learned about farmers markets & tasted apples today. All students are bringing home a newsletter. Check the backpack for more info!
10/23/2015 21:00	October is pumpkin picking time! Find a local pumpkin patch to pick a pumpkin www.marylandsbest.net . Save the seeds and roast in the oven for a healthy snack.
10/27/2015 21:00	1st grade students are learning about farmers markets & tasting apples. All students took home a newsletter. Have an apple tasting @ home with your family.
10/31/2015 18:00	Don't forget to turn clocks back tonight! Use the extra hour on Sunday to prepare a meal together. Make pizza & add your favorite veggies www.tiny.cc/mypizza !
11/3/2015 22:00	Limit the amount of candy that your child eats. Allow them to have 2 items per day. Keep snacks like carrots & celery or apple slices ready to choose instead.

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11/6/2015 22:00	When you think fall, think squash! Squash is on sale @ Food Lion for 99 cents per pound. Try Spaghetti Squash as a twist on a favorite dish www.tiny.cc/spsquash
11/13/2015 22:00	It's getting dark earlier now, but don't let that stop you from being active at night. Make a spider web obstacle course with yarn & let the kids crawl through!
11/17/2015 22:00	Wash Grove's Thanksgiving lunch is tomorrow! Assorted fresh fruits & veggies are on the menu. Ask your child to report back on their favorite fruit or veggie.
11/18/2015 22:00	1st grade had a lesson on picky eaters & 4th grade learned about family meals today. Let your child help plan meals. They will be more likely to try new foods.
11/19/2015 22:00	Mr. Svejda will have a Turkey Trot fun run for students during recess on Nov. 20, 23, & 24th. Encourage your child to walk or run during recess & be active.
11/23/2015 22:00	Planning your Thanksgiving meal & need a healthy side dish? Try Spicy Green Beans - a twist on regular green beans that will be a hit! go.umd.edu/green-beans
11/26/2015 18:00	Happy Thanksgiving! Take a break from eating & be active together as a family. Take a walk outside or plan a scavenger hunt inside & hide paper turkeys to find!
12/2/2015 22:00	Tomorrow is "Dining In" Day. Plan to have a family meal at home to celebrate. Let your child help by washing fruits & veggies or mixing ingredients together.
12/4/2015 22:00	Wash Grove 1st graders had a lesson on cooking together & made Strawberry S'mores this week. Make s'mores @ home this weekend as a family go.umd.edu/smores
12/8/2015 22:00	Need a quick, healthy meal idea that the family will love? Make Garden Vegetable Soup this week go.umd.edu/veggie-soup . Kids can help wash & chop veggies.
12/11/2015 22:00	Enjoy the warm December weather! Plan time to be outside this weekend. Play games like frozen freeze tag & reindeer run or take a family walk to see the lights.
12/18/2015 22:00	Plan ahead for holiday meals. Sweet potatoes are on sale @ Food Lion for 69 cents a pound. Kids can help mash & stir. Try this recipe go.umd.edu/sweet-potato
12/22/2015 22:00	Wash Grove 4th graders had a nutrition lesson on sharing family meals & made Apple Cranberry Salad. All students are bringing home a newsletter with the recipe!
12/23/2015 22:00	Students are out of school for winter break. Plan for healthy snacks. Try snowmen - use bananas for the body, raisins for buttons & pretzel sticks for arms.
12/28/2015 22:00	Keep kids active during winter break. Play a new game each day with the family. Try indoor bowling, hopscotch, or yoga. Let your child make up a new game.
1/2/2016 0:00	Join our 2016 Healthy Challenge today! Plan to include more fruits & veggies in your meals & be more active. For more tips, visit www.eatsmartmd.blogspot.com .
1/8/2016 22:00	Winter is here & citrus fruit is in season! Giant has oranges & grapefruit on sale \$3.49 per bag. Great as a snack with lots of Vitamin C to keep you healthy!
1/13/2016 23:00	Text2BHealthy Reminder: We hope you are enjoying the nutrition, physical activity, grocery, & school tips! If you no longer want messages reply STOP.
1/15/2016 22:00	Wash Grove 1st & 4th graders had a nutrition lesson this week. Ask your child what foods they tried! Check backpacks for a newsletter & recipe to try at home.
1/17/2016 19:00	Don't forget - no school for kids on Monday for MLK Day. Bundle up to play outside or make an indoor activity cube, roll, & do the activity as a family!
1/20/2016 21:00	Snow is in the forecast! Plan ahead & have foods on hand that won't spoil. Canned meat, beans, fruits, veggies, whole grains & peanut butter are good choices!

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1/22/2016 20:00	Be ready when there is a break in the heavy snow. Bundle up & go outside to play! Kids can build a snowman, go sledding, make snow angels, or help shovel.
1/29/2016 22:00	Try chicken, sweet potato & carrot packets for an easy dinner this weekend! Sweet potatoes & carrots are on sale @ Giant now. Recipe here: go.umd.edu/packets
2/4/2016 22:00	Wash Grove students are bringing home a newsletter about eating a rainbow of colors. Pick at least one tip from the newsletter & add more color to your plate!
2/5/2016 22:00	Making plans for your Super Bowl party? Make sure to have fruits & veggies on hand! Cut up carrots, celery, peppers, and serve with low-fat dressing or hummus.
2/10/2016 22:00	Make Valentine's Day extra special for your child's classroom. Instead of sugary treats send fruit like clementines, bananas or applesauce with a note attached!
	Enjoy family time this weekend. Make a special Valentine's day treat together! Check our blog for healthy ideas everyone will love: www.eatsmartmd.blogspot.com
2/12/2016 22:00	Wash Grove 1st graders learned about the importance of being physically active today & tried a tasty trail mix. Make the snack @ home: go.umd.edu/trail-mix
2/19/2016 22:00	It's going to be warm this weekend! Take a family walk in your neighborhood, or go to Bohrer Park to play on the playground. Bring a ball to play catch!
2/24/2016 22:00	Wash Grove 4th graders learned how important water is to keep our bodies healthy. All students took home a newsletter with winter physical activity tips!
2/26/2016 22:00	Add an extra veggie this weekend! Green peppers are on sale @ Food Lion for 69 cents each. Wash & cut up for stir fry, mix in an omelet, or add to pasta salad.
2/29/2016 20:00	Today is Leap Day! Celebrate by doing "leap" activities as a family & making a healthy "frog" snack. Leap Day ideas can be found @ www.eatsmartmd.blogspot.com
3/2/2016 22:00	Looking for an activity for your family? Come to Zumba Night tomorrow night in the all-purpose room from 7-8 p.m. Enjoy learning a new dance with your kids!
3/7/2016 22:00	Wake Up to School Breakfast! Encourage your child to eat breakfast for a healthy start to the day. Whole grain pancakes & fresh fruit are on the menu tomorrow!
3/11/2016 22:00	Wash Grove 1st graders had a lesson on physical activity this week. Use the extra daylight from the time change this weekend to be active with your family!
3/16/2016 21:00	Make a rainbow for St. Patrick's Day tomorrow! Have your child pick out colorful fruits/veggies at the store. Create the rainbow, then enjoy as a healthy snack!