



# **Dayle Hayes, MS, RD**

## **Nutrition for the Future, Inc.**

**Author, Speaker and Nutrition Consultant**

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**BLOG:** <http://eatwellatschool.blogspot.com/>

**WEBSITE:** [www.nutritionforthefuture.org/](http://www.nutritionforthefuture.org/)

[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

[www.billingsclinic.com/body.cfm?id=113](http://www.billingsclinic.com/body.cfm?id=113)

[www.school-wellness.org/indeEnrichingFamilyMealtimesDownloads.aspx](http://www.school-wellness.org/indeEnrichingFamilyMealtimesDownloads.aspx)

# Dayle Hayes, MS, RD

## President, Nutrition for the Future, Inc.

Dayle Hayes is an award-winning author, educator, and nutrition coach. In her writing and presentations, Dayle brings a delightful blend of practicality and pizzazz to everyday nutrition advice. Her creativity and common-sense have made her a sought-after speaker and workshop leader for professional and consumer groups across the country.

From her home base in Big Sky country – Billings, Montana – Dayle writes a newspaper column and appears frequently on TV and radio as a nutrition expert. She has been quoted in *USA Today*, *The New York Times*, *The Chicago Tribune*, *Prevention*, *Fitness*, *Self*, *Shape*, *Today's Dietitian*, and numerous other national publications.

In recognition of her leadership and professional dedication, Dayle has received several honors and awards, including: **Montana Dietitian of the Year**, an **Excellence in Nutrition Education Award**, and an **American Dietetic Association Excellence in Consultation and Business Practice Award**.

Dayle authored *Moving Away from Diets* and *Put Your Best Food Forward*; developed on program for parents, **FIT KIDS = HAPPY KIDS**; created *5 A Day BINGO*; and produced several videos, including: *Body Trust: Undieting Your Way to Health and Happiness* and *Getting a Head Start with 5 A Day*. Her video series on healthy eating, **PRO-HEART KITCHEN: The Food-Heart Connection**, received two awards, including the **Anita Owen Award for Innovative Nutrition Education Programs for the Public** and an **Outstanding Community Health Promotion Program Award from CDC**.

As a parent, nutritionist, and member of the School Nutrition Association, Dayle is dedicated to improving school nutrition environments. She collected dozens of school success stories for *Making It Happen*, a joint CDC-USDA project; wrote a chapter on communicating with students in *Managing Child Nutrition Programs: Leadership for Excellence*; and developed two popular kits (*School Wellness: A Golden Opportunity* and *Enriching Family Mealtimes*) for school health leaders and educators. In 2008, she co-authored the Position of the American Dietetic Association: *Nutrition Guidance for Healthy Children Ages 2 to 11 Years*.

From 1994 to 1998, Hayes served on The American Dietetic Association (ADA) Board of Directors where she chaired the Public Initiative Team and Technology Task Force. She served as president and media spokesperson for the Montana Dietetic Association and is currently Chair of the School Nutrition Services Dietetic Practice Group, as well as co-chair of Billings Action for Healthy Kids.

Hayes graduated summa cum laude from University of Massachusetts-Boston and received an MS in community health education from Univ. of Massachusetts-Amherst.

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## EDUCATION:

1979 Master of Science, Community Health Education  
University of Massachusetts-Amherst

1972 Bachelor of Arts, Biology, Summa cum laude  
University of Massachusetts-Boston

## PROFESSIONAL EXPERIENCE:

1995 - present: **Speaker/Consultant to Government and Professional Groups**  
Ex: CDC, USDA, MS Office of Healthy Schools, MT State University,  
MT Department of Health and Human Services, ND Department of  
Public Instruction, NC Department of Public Health, and WIC programs  
in AL, ID, LA, MT, NM, OK, TX, WY, and numerous tribal agencies

1987 - 2005: **Deaconess Billings Clinic, Billings, Montana**  
Consultant to Health Information Center and Community Relations

1996 - 1999: **Nutrition in Clinical Care - Patient Materials Editor**  
An Official Publication of Tufts University (Blackwell Science)

1983 - 1995: **Nutrition Associates of Montana, Billings, Montana**  
Partner, Nutrition Counseling and Consulting Practice

1983 - 1989: **Montana State University-Billings, Billings, Montana**  
Instructor, Basic and Clinical Nutrition

1977 - 1982: **Cambridge Hospital/Health Centers, Cambridge, Massachusetts**  
Community and WIC Nutritionist

## LEADERSHIP ACTIVITIES:

### AMERICAN DIETETIC ASSOCIATION (ADA)

1994 - 1998: **Board of Directors, Director-at-Large**

1996 - 1998: **Public Initiative Team, Co-Chair**

1994 - 1998: **Technology Task Force**

### NUTRITION ENTREPRENEURS (NE-DPG)

1992 - 1994: **Newsletter Editor/ Editor-elect**

### SCHOOL NUTRITION SERVICES (SNS-DPG)

2006-2008: **Membership Chair**

2009-present: **Chair-Elect**

### MONTANA DIETETIC ASSOCIATION (MDA)

1992 - 1994: **President**

1985 - 2000: **Media Spokesperson**

### BILLINGS ACTION FOR HEALTHY KIDS (BAFHK)

2005 - present: **Co-Chair**

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## AWARDS:

- 2005:** **Distinguished Service in Health Enhancement Award**  
MT Association of Physical Education, Recreation and Dance, Helena, MT
- 2001:** **Ruth Bowling Nutrition Education Award**  
Western Dairy Council, Denver, CO
- 2000:** **Award for Excellence in Consultation and Business Practice**  
American Dietetic Association Foundation, Chicago, IL
- 1999:** **Award for Creative Efforts to Improve Nutrition Status**  
MT Advisory Council on Food and Nutrition, Helena, MT
- Epsilon Sigma Phi, National Honorary Extension Fraternity**  
State Friend of Extension in recognition of public service
- 1995:** **Community Service Award in the Area of Nutrition**  
Yellowstone County Head Start, Billings, MT
- 1994:** **WorldFest Bronze Award - Women's Issues**  
Houston International Film and Video Festival, Houston, TX
- Montana ADDY Award - Package Design**  
Montana Advertising Federation, Helena, MT
- 1993:** **Outstanding Community Health Promotion Program Award**  
Centers for Disease Control and Prevention, Atlanta, GA
- 1992:** **Governor's Health Promotion Award**  
Department of Health and Environmental Sciences, Helena, MT
- 1991:** **Anita Owen Award - Innovative Nutrition Education Program**  
National Center for Nutrition and Dietetics (ADA), Chicago, IL
- Excellence in Nutrition Education**  
Western Dairy Council, Denver, CO
- Recognized Dietitian of the Year**  
Montana Dietetic Association, Helena, MT
- 1990:** **Consulting Nutritionists Leadership Award**  
Consulting Nutritionists Dietetic Practice Group, Chicago, IL

## LICENSES and REGISTRATION:

- 1988 - present:** **State of Montana, Board of Medical Examiners (# 132)**
- 1982 - present:** **Commission on Dietetic Registration (# 640275)**

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## EDUCATIONAL MATERIALS, VIDEOS and CD-ROMs:

- 2009:** **Evaluating School Wellness Activities and Meeting the Wellness Challenge**, National Foodservice Management Institute, Mississippi  
**Mealtime Memos for Child Care: Gardening, Wellness Policies, and Training**, National Foodservice Management Institute, Mississippi
- 2007:** **Enriching Family Mealtimes (toolkit for school health teams)**, National Cattlemen's Beef Association, Centennial, CO  
**Replacing Kitchen Fryers with Combination Oven Steamers: Six Steps to Success**, Office of Healthy Schools, Jackson, Mississippi  
**School Wellness Evaluation Guide: How Well Are We Doing With Wellness**, Department of Public Instruction, Bismarck, North Dakota
- 2006:** **School Wellness: A Golden Opportunity (toolkit for school health teams)**, National Cattlemen's Beef Association, Centennial, CO
- 2005:** **Fit Kids = Happy Kids (WIC Training Modules)**  
Southwest Region USDA and state WIC programs in OK, TX, and NM  
**Making It Happen: School Nutrition Success Stories**  
USDA-FNS Team Nutrition and CDC Division of School Health
- 2004:** **Fit Kids = Happy Kids (Poster/parent handouts)**  
Eat Right Montana, MT Chapter AAP, and MT Dept. of Public Health  
**Eat to Be Fit: Nutrition and Fitness (Handouts for teens)**  
Montana Team Nutrition, Montana State University, Bozeman, MT  
**Maine Guide for Healthy School Nutrition Environments**  
Maine Nutrition Network and Team Nutrition Program, Augusta, ME
- 2003:** **WIC FitKids: On the Road to Excellence (Video Teleconference)**  
Southwest Region USDA (broadcast nationally to 6,000+ professionals)  
**Moving Away From Diets: New Ways to Heal Eating Problems and Exercise Resistance** (second edition), Helm Pub, Lake Dallas, TX
- 2000:** **Eating Well with Diabetes: It's All About You** (brochure)  
Florida Beef Council & American Diabetes Association, Kissimmee, FL
- 1998:** **Breakfast Bonanza** (activity kit for Team Nutrition, Cooperative Extension, and schools), MT Dept. of Public Instruction, Helena, MT
- 1995:** **5 A Day BINGO: A Fun Nutrition Game for All Ages** (English and Spanish versions), Food Services of America, Billings, MT

## CURRENT MEMBERSHIPS:

American Dietetic Association  
Public Health/Community Nutrition Practice Group  
School Nutrition Services Practice Group  
Sports and Cardiovascular Nutritionists Practice Group  
Montana Dietetic Association  
American (and Montana) School Nutrition Association

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## Selected 2009 Presentations

- School Wellness Success: New Resources for Healthy Schools, Students, and Staff**  
School Nutrition Association of North Carolina, Asheville, North Carolina
- Living Better in 2009: Eat Smart, Play Hard, Rest Well**  
Buffalo Women's Forum, Buffalo, Wyoming
- School Wellness Implementation: Where There Is the Will, There Are Many Ways**  
University of Tennessee Health Sciences Center, Memphis, Tennessee
- Marketing RD Services in Today's Tough Times: How to Survive and Thrive**  
Tennessee Dietetic Association, Nashville, Tennessee
- School Breakfast: Money Waiting to be Made**  
Massachusetts School Nutrition Association, Plymouth, Massachusetts
- More Than a Meal: Resources and Strategies for Promoting Family Mealtimes**  
Massachusetts Dietetic Association, Norwood, Massachusetts
- Nutrient-Rich Foods for Health and Pleasure**  
Arkansas Dietetic Association, Little Rock, Arkansas
- How to Eat Chocolate and Other Strategies for Maintaining Nutrition Under Stress**  
Wisconsin Dietetic Association, The Dells, Wisconsin
- School Wellness Makes a Wonderful Difference: 7 Success Stories and Super Tools**  
SCAN DPG Symposium, Phoenix, Arizona
- It's All About Trends: What the Future Holds for Food, Nutrition, and Lifestyles**  
Texas Dietetic Association, Austin, Texas
- Marketing the RD in the 21st Century**  
Indiana Dietetic Association, Indianapolis, Indiana
- Health and Wellness at Home and School: Idaho Youth Need Nutrient-Rich Foods**  
Idaho PTA, Coeur d'Alene, Idaho
- Health Coaching: What's In It for Your Practice**  
Ohio Dietetic Association, Huron, Ohio
- Bridging the Wellness Gap: Small Changes, Sustainable Improvements**  
New England Action for Healthy Kids, Bolton, Massachusetts
- Nutrient-Rich School Foods for Optimal Health and Performance**  
Texas Association of School Nutrition, Houston, Texas
- Positive Food and Nutrition Messages: Carrots Are More Effective Than Sticks**  
USDA Regional Consultant Meeting, Missoula, Montana
- Nutrient Rich Foods: New Ways To Focus On What Children Really Need**  
Michigan Association of Non-Public Schools, Detroit, Michigan
- Going Green in Your Kitchen: Ten Tips for Healthy Families**  
Idaho Falls Public Health Department, Idaho Falls, Idaho
- Healthy Weights, Healthy Habits, Healthy Students**  
Montana School Nurses Conference, Billings, Montana

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## Selected 2008 Presentations

- Controlling Your Health Destiny: Fitting Nutrition into Your Genes**  
Texas Human Nutrition Conference, College Station, Texas
- Nutrient-Rich Family Meals: Why, What, and How**  
Georgia Public Health Association, Rome, Georgia
- Successful Students: Spring Forward with Local Wellness Policy**  
North Carolina Division of Public Health, Raleigh, North Carolina
- Promoting Healthy Lifestyles to Prevent Obesity in the School Setting**  
University of Tennessee Health Sciences Center, Memphis, Tennessee
- How Well Are We Doing With Wellness: Evaluation School Wellness Activities**  
Montana Team Nutrition Healthy Schools Summit, Fairmont, Montana
- Strategies for Making Connection Between Healthy Students and Academic Success**  
Illinois Dietetic Association, Oak Park, Illinois
- Fit, Healthy, and Ready To Succeed: Connecting Student Health and Academics**  
Mississippi Dietetic Association, Oxford, Mississippi
- Overweight, Undernourished and At-Risk: Today's Childhood Nutrition Problems**  
ID Action for Healthy Kids and ID Physician Assistants, Ketchum, Idaho
- It's All About Creativity: Eating Well in a Cookless Society**  
Missouri Dietetic Association, Chesterfield, Missouri
- School Wellness Implementation: Where There Is the Will, There Are Many Ways**  
Nebraska Action for Healthy Kids, Lincoln, Nebraska
- School Wellness Update: Maximizing the Opportunities for RD's**  
Michigan Dietetic Association, Sterling Hts., Michigan
- Breakfast = Achievement: Making the Connection in Your School**  
Michigan Eat Healthy, Play Hard Conference, Traverse City, Michigan
- Strong Bodies, Smart Brains**  
Shaping a Healthy Future Conference, Jackson, Wyoming
- Health Coaching: What's In It for Your Practice**  
New York State Dietetic Association, Albany, New York
- Real Good Nutrition for Real Healthy Children: Nutrient-Rich School Meals**  
Montana School Nutrition Conference, Billings, Montana
- Healthy Weights, Healthy Habits, Healthy Students**  
Virginia School Nurses Conferences, Farmville, Virginia
- School Wellness Success: New Resources for Healthy Schools, Students, and Staff**  
Kentucky KACTE Conference, Louisville, Kentucky
- Nutrient-Rich Foods for Healthy Students and Healthy Schools**  
School Nutrition Association Conference, Philadelphia, Pennsylvania
- School Wellness Policy Implementation: Secrets of Success**  
School Nutrition Directors Conference, Manchester, New Hampshire

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## Selected 2007 Presentations

- Nutrition Wisdom for 2007: What's New in Food for Healthy, Active families**  
Billings Clinic, Billings, Montana
- Children At-Risk: What Schools Are Doing to Improve Health And Academics**  
University of Southern Mississippi, Hattiesburg, Mississippi
- Our Kids Are Worth It: Nutrition, Physical Activity, and the ABCs**  
Center for a Vital Community, Sheridan, Wyoming
- How To Eat Chocolate – and Other Secrets of Heart Healthy Nutrition**  
Go Red North Dakota, Jamestown, North Dakota
- Eating Together, Playing Together: Why Family-Style Means So Much To Kids**  
Wyoming Child and Adult Care Food Program, Casper, Wyoming
- Applying Ideas from the Commercial World to School Nutrition Programs**  
Michigan School Nutrition Association, Grand Rapids, Michigan
- Naturally Nutrient Rich Foods: Packing More Power on to North Dakota Plates**  
NDDA Spring Conference, Bismarck, North Dakota
- School Wellness Success: New Resources for Healthy Schools, Students and Staff**  
Alaska Dietetic Association, Anchorage, Alaska
- Scientists are from Saturn, Media are from Mars, and Consumers are from Corning**  
New York State Dietetic Association, Syracuse, New York
- How to Eat Chocolate – and Other Nutrition Secrets for Health and Pleasure**  
Delaware Dietetic Association, Wilmington, Delaware
- Talking About Weight: What To Say, How To Say It, and Messages That Work**  
Colorado WIC Program, Denver, Colorado
- Wellness Policy Checkups: How Schools Are Measuring and Evaluating Progress**  
Connecticut Department of Education, Cromwell, Connecticut
- It's All About YOU: Nutrition Secrets for the Energetic Life YOU Want**  
Montana Behavioral Institute, Bozeman, Montana
- Health at Every Size: How To Help Everybody Move Toward Health and Wellness**  
Nebraska School Nutrition Association, Grand Island, Nebraska
- Marketing RD Services in the 21st Century: Where Are We Going?**  
South Dakota Dietetic Association, Sioux Falls, South Dakota
- Nutrition Integrity Media Training for Grant Recipients**  
Bower Foundation, Oxford and Philadelphia, Mississippi
- MyPyramid 101: Put the Power of Nutrition to Work in Your Program**  
Connecticut Child and Adult Care Food Program Cromwell, Connecticut
- Connecting the Dots Between Student Health and Academic Achievement**  
Elementary and Middle School Principals, Traverse City, Michigan
- Happy Healthy Holidays: Really Simple, Really Delicious, Really Fun**  
Billings Clinic, Billings, Montana

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## **Selected 2006 Presentations**

- Overweight, Undernourished and At Risk: Tackling Childhood Nutrition Problems**  
Vermont Dietetic Association, Killington, Vermont
- Successful Strategies for Talking to Parents about Weight and Behavior Change**  
Idaho WIC Program, Boise, Idaho
- Making the Connection: Healthy Children, Successful Schools, Strong Mississippi**  
TRAIN State Education Conference, Oxford, Mississippi
- What's Happening with Wellness Policies**  
Arizona Department of Education, Phoenix, Arizona
- Creating Nutrition Messages That Work: Dairy Farmers of Canada Symposia**  
Moncton, Montreal, Toronto, and Edmonton, Canada
- Food Trends 2006: What's HOT in Nutrition – and Using It to Your Advantage**  
Alabama Dietetic Association, Birmingham, Alabama
- Developing Effective School Wellness Policies**  
Mississippi Department of Education, Jackson, Mississippi
- Step Up to Nutrition: Five Secrets for Everyday Fitness and a Healthy Weight**  
Zeeland Community Hospital, Zeeland, Michigan
- Research to Nutrition Guidelines: Putting the Right Mix of Nutrients onto Tables**  
Texas Cattlefeeders, San Antonio, Texas
- Making Mealtimes Happen: The Importance of Family Meals**  
Eat Smart New York, Cornell Extension, Ithaca, New York
- Creating Healthy School Environments: Making It Happen in West Ottawa Schools**  
West Ottawa Schools,, West Ottawa, Michigan
- School Nurses are the Key to Successful School Wellness Policies**  
Mississippi School Nurses Association, Jackson, Mississippi
- Nutrition Wisdom: Common-Sense in Diet Crazy World**  
Illinois Dietetic Association, Chicago, Illinois
- Taking the Next Steps to a Healthy School Environment**  
North Dakota School Nutrition Alliance, Bismarck, North Dakota
- Eating Well in a Cookless Society, Generating Demand for Delicious Nutrition**  
Wisconsin Dietetic Association, The Dells, Wisconsin
- Update On School Wellness: Where There Is A Will, There Is A Way**  
Southwest Region USDA Office, South Padre Island, Texas
- Eat Smart, Play Smart, Be Smart; Wyoming Team Nutrition Training**  
Casper, Cheyenne, Gillette, Lander, and Rock Springs, Wyoming
- Nutrition Wisdom: Five Secrets for Food, Fitness, and Living Diet-Free Forever**  
Nebraska Women's Health Symposium, Lincoln, Nebraska
- School Wellness Update: Maximizing the Opportunities for RDs**  
Iowa Dietetic Association, Ames, Iowa

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## **Selected 2005 Presentations**

- How to Eat Chocolate - and Other Secrets for Combining Health and Pleasure**  
Nevada Dietetic Association, Reno, Nevada
- It's All About Strong Bodies and Smart Brains**  
Florida School Nutrition Association, Daytona Beach, Florida
- Women, Weight, and the Evolving Nutrition Environment**  
Maryland Dietetic Association, Towson, Maryland
- Nutrition Wisdom: Using the 2005 Dietary Guidelines**  
North Carolina DPI Child Nutrition Conference, Raleigh, North Carolina
- It's All About Trends 2005: What the Future Holds for Food and Nutrition**  
Twin Cities District Dietetic Association, Minneapolis, Minnesota
- Menu Makeovers to Add More Protein Power to Your Plates**  
School Nutrition Association, Baltimore, Maryland
- Marketing Nutrition to the Millennial Generation: What 10-25 Years Olds Need**  
New Mexico Dietetic Association, Albuquerque, New Mexico
- Developing an Effective Local Wellness Policy: Making It Happen in Michigan**  
Michigan Action for Healthy Kids, multiple sites, Michigan
- Health at Every Size: Helping Every Body Move Toward Health and Fitness**  
Virginia Dietetic Association, Virginia Beach, Virginia
- Food Allergies and Head Start: Everything You Need to Know**  
Billings Head Start Program, Billings, Montana
- Eating Well with Arthritis: Common-Sense Dos and Don'ts**  
North Dakota Long Term Care Association, Fargo, North Dakota
- Weight Management Myths and Realities: Common-Sense in Diet Crazy World**  
Wyoming Diabetes Education Conference, Sheridan, Wyoming
- Marketing Made Simple: Time to Stop Selling Yourself Short**  
Georgia Dietetic Association, Atlanta, Georgia
- No Peas Please: Ages and Stages of Raising a Healthy Eater**  
Nueces County Community Action Agency, Corpus Christi, Texas
- Nutrition Wisdom: How Dietetics Professionals Can Use the New Dietary Guidelines**  
Washington State Dietetic Association, Seattle, Washington
- Leading the Way to Optimal Performance: Taking Steps Toward Healthier Schools**  
School Administrators of Montana, Helena, Montana
- The Seven C's of Change: Walking the Talk of Healthy Lifestyles**  
New Mexico WIC Program, Albuquerque, New Mexico
- Fit, Healthy, and Ready to Succeed: Making It Happen in Utah Schools**  
Utah School Boards Association, Salt Lake City, Utah
- Gestational Diabetes Update: Trends, Treatment Issues and Talking to Your Clients**  
Oklahoma WIC Program, Oklahoma City, Oklahoma

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## Selected Professional Publications

### 2010

#### **How Green is Your Routine?**

School Nutrition: Solutions and Strategies for K-12 Foodservice, January 2010

### 2008

#### **Be Our Guess: Food Trends in School Nutrition Programs**

School Nutrition: Solutions and Strategies for K-12 Foodservice, October 2008

#### **ADA Position on Nutrition Guidance for Healthy Children Ages 2 to 11 Years**

Journal of the American Dietetic Association, June 2008

### 2007

#### **Site Seeing; Lessons Learned From Sensational School Nutrition Websites**

School Nutrition: Solutions and Strategies for K-12 Foodservice, August 2007

### 2006

#### **Really? The Cafeteria!? That's Great!**

School Foodservice and Nutrition, November 2006

#### **Family Influences on Children's Weight**

School Foodservice and Nutrition, June/July 2006

### 2005

#### **Appetite: Measurement and Manipulation Misgivings**

Journal of the American Dietetic Association, May 2005 (Supplement)

#### **Healthy Kids are Happy Kids**

School Foodservice and Nutrition, June/July 2005

### 2004

#### **Teens: That's a mouthful**

School Foodservice and Nutrition, June/July 2004

#### **The Obesity Crisis: Don't blame it on the Pyramid**

Journal of the American Dietetic Association, July 2004

#### **Confronting the Crisis: What about the obesity "epidemic" among American kids?**

Nutrition Education for the Public DPG Newsletter, Spring 2004

### 2003

#### **Preschool Nutrition: Getting on Early Start on Health**

School Foodservice and Nutrition, June/July 2003

#### **Weighty Issues for America's Future**

School Foodservice and Nutrition, March 2003

#### **Shame, Blame and the War on Childhood Obesity**

Healthy Weight Journal, March/April 2003

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## Selected Media Work

**1990 - present:** **Health and Fitness Magazine – regular nutrition column**  
The Billings Gazette, Billings, Montana  
[www.billingsclinic.com/body.cfm?id=113](http://www.billingsclinic.com/body.cfm?id=113)

**Jan. 99 - present:** **Healthy Families– monthly statewide media campaign**  
Eat Right Montana Coalition and MT Dept. of Public Health  
[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

### **2009 ~ *Going Green: Simple Steps for Healthy Families***

- Resolutions for Healthy Families in a Healthy Montana
- Eco-nomical Solutions to Save Money, Stay Healthy, and Reduce Waste
- Helping Children Learn to Care Their Environment
- Gardening Across Big Sky Country: From Backyards to CSAs
- Schools Get into Green Routines with Smart Recycling Habits
- Montana Trails Create Greener, Healthier Communities
- Staycations: Cool Ways to Enjoy Healthy Summer Fun
- Breastfeeding: Best for baby, Best for Mom, Best for the Planet
- Farm-to-School Success Grow Strong Across Montana
- School Walking Programs Benefit Montana Students and Teachers
- Simple Thanksgiving Makeover: Easier, Greener, Healthier
- Simple Gifts of Food and Nutrition

### **2008 ~ *It's All About Balance: Eat Right, Play Hard, Rest Well***

- Live Better in 2008: Eat Right, Play Hard, Rest Well
- Breakfast Makeover Offers Major Benefits
- Go Lean and Green for National Nutrition Month
- Balanced Evening Meals for Happy, Healthy Meals
- Happy, Healthy Days for Montana Mothers
- Why Real Men Drink More Milk
- Summer Hikes for Lots of Fun (and Serious Fitness Too)
- Back to School with Nutrition and Fitness
- Celebrating Fall with Local and Wild Foods
- Balancing Food and Fun during Holiday Celebrations
- Maximizing Taste and Fitness, Minimizing Guilt and Time
- Tasteful, Fun Gifts for Montana Families

### **2007 ~ *Eating Together, Playing Together***

- A New Resolution for Health and Happiness
- Key Nutrients for Every Body – Cradle to Rocker
- Real Life Weight Management – 100% Fad-Free
- Smart Family Moves – Less TV, More Family Meals
- Moving Away from Diets – Why and How
- Summertime Moves for Happier, Healthier Kids
- Simple Cures for Your Family's Nature-Deficit Disorder
- Closing Your Family's Fruit and Vegetable Gap
- Celebrate Family Day with a Nutrient-Rich Dinner
- The Wisdom of Family Traditions