AUGUST 1
It’s the start of a new month! Make a list of five things you want to get done in August to get ready for school.

AUGUST 2
It’s National Coloring Book Day! Coloring is a great way to relax and have fun. Enjoy an hour of coloring today.

AUGUST 3
Go to your local park with friends and play a fun game of hide and seek tag!

AUGUST 4
Nothing is better than fresh produce! Check out this list of fruits and vegetables that are in season.

AUGUST 5
Before school starts, write down a checklist of everything you need and hang it up on the refrigerator.

AUGUST 6
It’s hot this summer! Check out one of these Texas swimming holes to cool down.

AUGUST 7
Popsicles are the best during summer! Try this recipe for a yummy, healthy cold treat.

AUGUST 8
It’s Global Sleep Under the Stars Night! Go camping in your backyard or at one of Texas’s many national parks.

AUGUST 9
It’s National Book Lover’s Day! Try to read three chapters of your favorite book this afternoon.

AUGUST 10
Who doesn’t love monkeying around? Go to your local playground with some friends and try swinging across the monkey bars.

AUGUST 11
Go on a walk in your neighborhood or on a local trail! Make sure you bring a yummy snack like this one.

AUGUST 12
School is starting soon! Make sure you go pick up your school supplies.

AUGUST 13
Try tracking your steps today with one of these pedometers. If you reach 10,000, treat yourself with something fun!

AUGUST 14
Remember your pedometer? Try to get more steps today than you did yesterday!

AUGUST 15
The Olympics may have ended this month, but that doesn’t mean the fun has to! Plan a family olympics day with outdoor activities the whole family can take part in.

AUGUST 16
Running around all day can be exhausting! Try this snack to give you an energy boost.

AUGUST 17
Texas is hot during the summer! Cool down with this healthy smoothie recipe.

AUGUST 18
It’s important to rest during all the fun! Take an hour to have some alone time today, doing something calming like reading or journaling.

AUGUST 19
Remember to put on sunscreen! Make sure to reapply throughout the day.

AUGUST 20
Food is more fun when it’s colorful! Make sure your breakfast plate has foods that are different colors.

AUGUST 21
It’s hot outside! Try some of these indoor workouts to stay cool and active.

AUGUST 22
Playing outside is fun and good for you! Try to not use screens today and instead go outside and play with friends.

AUGUST 23
Food is fun when you get to make it your own! Try making your own version of this yummy snack.

AUGUST 24
Cookies for breakfast? Awesome! Try this recipe for a yummy, on-the-go breakfast cookie.

AUGUST 25
Cleaning can be fun! Turn up some tunes and help your parents clean around the house.

AUGUST 26
Sleep is important for us to grow! Make sure you go to bed early and get eight hours of sleep tonight.

AUGUST 27
Write down three things about school you’re excited about.

AUGUST 28
College football starts today! Go outside and throw the ball around before tuning in to watch a game.

AUGUST 29
Try to see how many jumping jacks you can do in 30 seconds.

AUGUST 30
Back to school! Try this recipe for an easy packed lunch.

AUGUST 31
Avoid the heat and go on a walk during the sunset with your family.

AUGUST 3
Go to your local park with friends and play a fun game of hide and seek tag!

AUGUST 4
Nothing is better than fresh produce! Check out this list of fruits and vegetables that are in season.

AUGUST 5
Before school starts, write down a checklist of everything you need and hang it up on the refrigerator.

AUGUST 6
It’s hot this summer! Check out one of these Texas swimming holes to cool down.

AUGUST 7
Popsicles are the best during summer! Try this recipe for a yummy, healthy cold treat.

AUGUST 8
It’s Global Sleep Under the Stars Night! Go camping in your backyard or at one of Texas’s many national parks.

AUGUST 9
It’s National Book Lover’s Day! Try to read three chapters of your favorite book this afternoon.

AUGUST 10
Who doesn’t love monkeying around? Go to your local playground with some friends and try swinging across the monkey bars.

AUGUST 11
Go on a walk in your neighborhood or on a local trail! Make sure you bring a yummy snack like this one.

AUGUST 12
School is starting soon! Make sure you go pick up your school supplies.

AUGUST 13
Try tracking your steps today with one of these pedometers. If you reach 10,000, treat yourself with something fun!

AUGUST 14
Remember your pedometer? Try to get more steps today than you did yesterday!

AUGUST 15
The Olympics may have ended this month, but that doesn’t mean the fun has to! Plan a family olympics day with outdoor activities the whole family can take part in.

AUGUST 16
Running around all day can be exhausting! Try this snack to give you an energy boost.

AUGUST 17
Texas is hot during the summer! Cool down with this healthy smoothie recipe.

AUGUST 18
It’s important to rest during all the fun! Take an hour to have some alone time today, doing something calming like reading or journaling.

AUGUST 19
Remember to put on sunscreen! Make sure to reapply throughout the day.

AUGUST 20
Food is more fun when it’s colorful! Make sure your breakfast plate has foods that are different colors.

AUGUST 21
It’s hot outside! Try some of these indoor workouts to stay cool and active.

AUGUST 22
Playing outside is fun and good for you! Try to not use screens today and instead go outside and play with friends.

AUGUST 23
Food is fun when you get to make it your own! Try making your own version of this yummy snack.

AUGUST 24
Cookies for breakfast? Awesome! Try this recipe for a yummy, on-the-go breakfast cookie.

AUGUST 25
Cleaning can be fun! Turn up some tunes and help your parents clean around the house.

AUGUST 26
Sleep is important for us to grow! Make sure you go to bed early and get eight hours of sleep tonight.

AUGUST 27
Write down three things about school you’re excited about.

AUGUST 28
College football starts today! Go outside and throw the ball around before tuning in to watch a game.

AUGUST 29
Try to see how many jumping jacks you can do in 30 seconds.

AUGUST 30
Back to school! Try this recipe for an easy packed lunch.

AUGUST 31
Avoid the heat and go on a walk during the sunset with your family.
1 DE AGOSTO
¡Comienza un nuevo mes! Haz una lista de las cinco cosas que te gustaría hacer en agosto para prepararte para la escuela.

2 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

3 DE AGOSTO
¡Ve a tu parque local con tus amigos y juega algún juego divertido como a las escondidas o a corretearse!

4 DE AGOSTO
¡Nada es mejor que los productos frescos! Revisa esta lista de frutas y vegetales que están de temporada.

5 DE AGOSTO
Antes de que empiece la escuela, escribe una lista que incluya todo lo que necesitas y pégala en tu refrigerador.

6 DE AGOSTO
¿Recuerdas el contador de pasos? ¡Intenta hacer más pasos hoy de los que hiciste ayer!

7 DE AGOSTO
¡Las paletas heladas son lo mejor en el verano! Intenta hacer esta receta para disfrutar de un delicioso y saludable postre.

8 DE AGOSTO
¡Es la Noche Mundial de Dormir bajo las Estrellas! Arma un campamento en tu patio trasero o ve a alguno de los muchos parques nacionales de Texas.

9 DE AGOSTO
¡Es el Día Nacional de los Amantes de Libros! Trata de leer tres capítulos de tu libro favorito esta tarde.

10 DE AGOSTO
¡A quién no le gusta jugar? Ve con tus amigos a tu campo de juegos local e intenta colgarte como mono entre las barras.

11 DE AGOSTO
¡De regreso a la escuela! Prueba esta receta para prepararte un almuerzo fácil para llevar.

12 DE AGOSTO
¡Hace mucho calor en Texas este verano! Refrénscate con esta receta de jugo batido.

13 DE AGOSTO
¡Ya pronto empieza la escuela! Asegúrate de recoger tus útiles escolares.

14 DE AGOSTO
Intenta contar tus pasos hoy con uno de estos contadores de pasos. Si llegas a los 10 mil, engríete con algo divertido.

15 DE AGOSTO
¡Es el Día Nacional de los Amantes de Libros! Trata de leer tres capítulos de tu libro favorito esta tarde.

16 DE AGOSTO
¡Recuerda ponerte bloqueador solar! Y asegúrate de volvértelo a aplicar durante el día.

17 DE AGOSTO
¡Los Olímpicos habrán terminado este mes, pero eso no significa que también acabó la diversión! Planea unas olímpiadas familiares con actividades en exteriores en las que pueda participar toda la familia.

18 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

19 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

20 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

21 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

22 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

23 DE AGOSTO
¡Es el Día Nacional del Libro para Colorear! Colorear es una excelente manera de relajarse y divertirse. Pasa un rato coloreando hoy.

24 DE AGOSTO
¿Galletas de desayuno? Prueba esta receta de galletas deliciosas para un desayuno al paso.

25 DE AGOSTO
¿Galletas de desayuno? Prueba esta receta de galletas deliciosas para un desayuno al paso.

26 DE AGOSTO
¡Dormir es importante para poder crecer! Acuéstate temprano y duerme ocho horas esta noche.

27 DE AGOSTO
¡De regreso a la escuela! Prueba esta receta para prepararte un almuerzo fácil para llevar.

28 DE AGOSTO
¡El fútbol universitario empieza hoy! Ve afuera y juega un rato con la pelota antes de ver el partido.

29 DE AGOSTO
Cuenta cuántos saltos de tijeras puedes hacer en 30 segundos.

30 DE AGOSTO
Evita el calor y ve de caminata con tu familia al atardecer.

31 DE AGOSTO
It’s Time Texas

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at yourtexasbenefits.com.