











VULCAN COUNTY WELLNESS CHALLENGE

June 2025

Sharing Sunday	Let's Start Off Right Monday	Try It Tuesday	Wellness Wednesday	Time Saving Thursday	Fun Fact Friday	Swap It Saturday
<p>Host a potluck and ask guests to bring a traditional family dish.</p> 	<p>Wake up 10 min. earlier and enjoy a stress free breakfast.</p> 	<p>Try these tasty dips packed with veggies, fibre, and protein!</p>	<p>Making healthy meals can be quick & easy. Try some tips to enjoy cooking at home.</p>	<p>Want to eat healthy but short on time? Making healthy meals can be quick & easy with this guide!</p>	<p>Can we get enough vitamin D from the sun in Canada? Find out here.</p> 	<p>Keep the healthy swaps coming with these 7 tips!</p>
<p>Share your favourite healthy recipe with friends & challenge them to do the same.</p>	<p>Not a breakfast eater? Start small with a piece of fruit & work your way up! Check out this video.</p> 	<p>Get the whole family involved in making these quick, crispy, & fun flatbread pizzas!</p> 	<p>Healthy fats are good for our brains. Try this sesame ginger salmon recipe that's full of them.</p>	<p>Freezers can reduce waste, save time, & money! Revisit your freezer's potential with these nifty ideas!</p>	<p>Calcium is important to have strong & healthy bones. Learn more here.</p> 	<p>Looking for a new way to enjoy water? Watch this video & learn how swap sweet drinks.</p>
<p>Cook with kids is a great way to pass on family recipes & food skills.</p>	<p>No time to cook breakfast? Prep quick overnight oats and skip cooking.</p>	<p>Need a quick & easy lunch idea for work or school? Give these tasty tuna salad wraps a try!</p>	<p>You can make cooking easier & faster by using these ideas.</p>	<p>Try these flourless yogurt blender muffins in less than 30 min.</p> 	<p>Check out this video for fun ways to add veggies & fruit into meals & snacks!</p>	<p>Swap out deep-fried foods for oven baked. Try crunchy turkey fingers!</p> 
<p>Eating with others can build great social connections.</p>	<p>Use these ideas for what to make & how to pack healthy lunches.</p> 	<p>Check out this meatless recipe for 3 sisters tacos! This is a cheap & flavourful meal.</p>	<p>Do not disturb, turn off your phone and truly enjoy your meals today!</p> 	<p>Leftovers can be used in many ways! Try these tips to save time!</p>	<p>Did you know it takes 20 min. for the stomach to tell your brain you're full?</p>	<p>Give tofu a try! Swap your meat & enjoy Sweet chili tofu stir-fry.</p>
<p>Spice up family meals by adding one new herb or spice today!</p>	<p>Use this Easy Mini Quiche Muffin recipe to have all food groups. You can even freeze!</p>					