

Holding the Key

to nutrition, healthy living, wellness

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A Winter Solstice Celebration

I believe that childrens health is more than just good food. We need to nurture them and spend time with them and read to them. That is why I am posting this link to a wonderful story by childrens author Didi LeMay. This is a touching story that children will enjoy for years to come. Feed your children good food and read to them. It is this special time with you that means so much. In this story Didi teaches children why its important to save and preserve the Animals and the Environment they live in. I am sure that your children will love this story.

Kellee Ganci

Ask a nutritional consultant

Email:

info@holdthekeys.com

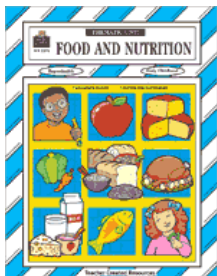
<http://virtualbooktour-theyppublishing.blogspot.com/2010/08/touching-story-about-animals-and.html>

Listen to Author DiDi LeMay on Holistic Children Radio Show - Caring for the Planet Radio
<http://www.blogtalkradio.com/holisticchildren/2010/11/27/caring-for-the-planet>

Pass the keys to a friend!

Learn more about DiDi LeMay here
<http://didilemay.com/>

Food and Nutrition



This reproducible resource is filled with ready-to-use lessons and cross-curricular activities.



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Random Act of Fitness for Kids - Free Teacher's Kit

Part of the solution to the challenge of childhood obesity!



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