

# 100% GOOD Times! 100% Fun!

## SEPTEMBER

It's back to school time! Are you ready?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Labor Day</b> No work & 100% play today.	<b>2</b> <b>Think Green Today</b> Turn off your computer at the end of each day.	<b>3</b>	<b>4</b> 	<b>5</b> <b>Think Green Today</b> Carry a cloth bag for shopping.	<b>6</b>
<b>7</b> <b>Grandparents Day</b> Use your 100% fun stickers to decorate a card for your grandparents.	<b>8</b> <b>International Literacy Day</b> Read a book aloud to your family.	<b>9</b>	<b>10</b> <b>Think Green Today</b> Switch off lights when you leave an empty room.	<b>11</b>	<b>12</b>	<b>13</b> Read <i>James &amp; the Giant Peach</i> to celebrate Roald Dahl's Birthday. Eat or drink something just as fruity in between chapters.
<b>14</b> 	<b>15</b> <b>Think Green Today</b> Turn off the faucet when you brush your teeth.	<b>16</b> <b>Balance Awareness Week</b> Have a contest to see who in your family can balance on a moving skateboard the longest.	<b>17</b>	<b>18</b> 	<b>19</b> <b>Talk Like a Pirate Day</b> Ahoy Mate-y. It's time for some Roarin' Waters!	<b>20</b>  <b>National Punch Day</b> Try some CAPRISUN Fruit Punch, now with 25% less sugar.
<b>21</b> <b>International Day of Peace</b> Take a moment of silence and celebrate a peaceful day with your family.	<b>22</b> <b>First Day of Autumn</b> Say goodbye to summer with a batch of frozen ice pops made with your favorite CAPRISUN flavors.	<b>23</b> 	<b>24</b> 	<b>25</b> <b>Think Green Today</b> Switch to compact fluorescent lightbulbs.	<b>26</b> <b>Apple of My Eye</b> Celebrate Johnny Appleseed's birthday (1774) with a CAPRISUN 100% Juice Apple Splash.	<b>27</b> <b>Family Health &amp; Fitness Day</b> Take the whole family to the park. Pack a healthy picnic that includes convenient CAPRISUN pouches.
<b>28</b> Take your neighbor's dog for a walk to celebrate <b>National Dog Week</b> and <b>National Good Neighbor Day</b> .	<b>29</b>	<b>30</b> <b>Think Green Today</b> Carry a reusable water bottle instead of buying bottled water.	<b>CapriSun.com</b>			

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# DRINK IT UP!

## OCTOBER

Family Health Month:  
Eat right, exercise, have fun!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			<b>1</b> <b>Children's Week (1-7)</b> It's all about kids this week!	<b>2</b> 	<b>3</b> <b>World Smile Day</b> Be kind and make at least one person smile today.	<b>4</b> <b>World Space Week (4-10)</b> Host an astronaut lunch.
<b>5</b> <b>National Fire Prevention Week</b> Practice your family escape plan. 	<b>6</b> <b>Child's Health Day</b> Remember to make smart choices every day.	<b>7</b>	<b>8</b> <b>Think Green Today</b> Create recycling bins. Cut out pictures of plastic bottles, paper, and aluminum cans and glue them to the bins. Practice sorting together!	<b>9</b>	<b>10</b> <b>World Egg Day</b> Have an egg race today. Each racer places an uncooked egg on a spoon and races to the finish line without dropping it—splat! 	<b>11</b>
<b>12</b>	<b>13</b> <b>Columbus Day</b> In 1492 Columbus sailed the ocean blue. Have a Roarin' Water Tropical Fruit pouch to celebrate his discovery.	<b>14</b> <b>Think Green Today</b> Make positive promises. Fill a journal with resolutions for how your family can help the earth. Decorate it with photographs, poems, and pictures.	<b>15</b> <b>National Grouch Day</b> Be happy anyway!	<b>16</b> <b>Think Green Today</b> Be car-free. Walk or bike to school — not only is it good for the body, it's good for the environment too!	<b>17</b>	<b>18</b> <b>Think Green Today</b> Recycle by purchasing products in materials/packaging that can be readily recycled.
<b>19</b>	<b>20</b> <b>Think Green Today</b> Put plain and recyclable packages high on your list to reduce packaging waste in our environment.	<b>21</b> <b>Apple Day</b> is a good day to enjoy a CAPRI SUN 100% Juice Apple Splash pouch.	<b>22</b> <b>Think Green Today</b> Grow something. Plant a seed, sprout, flower, or tree in a pot, garden, or backyard.	<b>23</b> 	<b>24</b>	<b>25</b> <b>Make a Difference Day</b> Pick up trash in your neighborhood, volunteer at a local animal shelter, or offer a hand to an elderly person.
<b>26</b>  	<b>27</b> Internet was created on this day in 1969. To celebrate, be sure to visit <a href="http://www.scholastic.com/CapriSun">www.scholastic.com/CapriSun</a> and enter the 100% Fun Sweepstakes.	<b>28</b> <b>Think Green Today</b> Make a bird feeder or house. Use a milk carton, a large water or soda bottle, or a pine cone.	<b>29</b>	<b>30</b>	<b>31</b> <b>Boo! It's Halloween!</b> Wash the sweet treats down with low-calorie Roarin' Waters or Original CAPRI SUN with 25% less sugar than other leading juice drinks without artificial sweeteners.	

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