

March 2016

Healthy Announcements



EMPOWERING STUDENTS

TO MAKE HEALTHY CHOICES

Try it Tuesdays

March 1st

It's Tuesday, time to try something new. Since its reading and nutrition month, lets start naming healthy foods that begin with each letter of the alphabet. A is for apple, apricot, and avocado. Have you every tried an avocado?

March 8th

It's Tuesday, time to try something new. Beans have protein and fiber in them. Have you every thought about adding them to your spaghetti or salads?

March 15th

It's Tuesday, time to try something new. Dip some chopped veggies in some fat free ranch. It's fun to eat with your hands and its a healthy snack.

March 22th

It's Tuesday, time to try something new. Vegetables come in many different colors. At the store count how many different color vegetables you see.

Fun Fact Friday

March 4th

Did you know that March is Reading and Nutrition Month? Read some recipes at home this weekend and find a healthy one that you like. Ask your parents to make it for dinner.

March 11th

Did you know snacks can be healthy? This weekend eat lots of fruits and instead of eating cookies try whole grain crackers.

March 18th

Sometimes people eat when they aren't even hungry. They eat because they are bored. If you are bored this weekend don't start snacking, go outside and be active.