

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.