

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Monday, April 2nd is National Peanut Butter and Jelly Day!

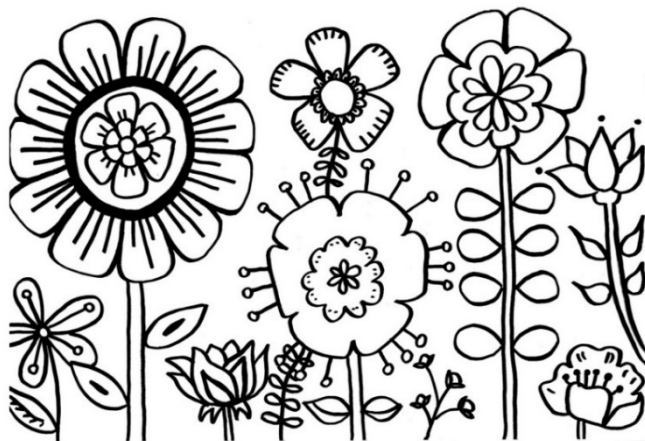


Ways to Make A Healthier PB&J!

- Choose bread that is either whole grain or whole wheat.
- When buying peanut butter, choose natural peanut butter. Typically natural peanut butter will only contain peanuts with a little salt. Try to avoid peanut butters that have added sugars.
- Picking the right jam/jelly/preserve can be hard! While at the grocery store, compare food labels. Choose an option that has fruit as the first ingredient and is lower in sugar.
- Not a fan of jelly? Try adding fresh fruit like sliced bananas or strawberries to your sandwich instead.



Color the flowers below to celebrate Earth Day on April 22nd!



April is National



7 Reasons Planting Seeds Enriches the Lives of Children!

1. **It encourages them to eat healthier.**
 - Children are more likely to eat something they have grown.
2. **It provides engaging, moderate exercise.**
 - Garden tasks such as digging, raking and turning compost use a variety of muscles in the upper and lower body.
3. **It builds a sense of confidence.**
 - Children see the results and feel a sense of accomplishment.
4. **It develops STEM & analytical abilities.**
 - Gardening exercises important reasoning, initiation, planning and organization skills.
5. **It relieves stress.**
 - Gardening allows children to learn to relax and be in peace by themselves. They get a chance to work with their hands and breathe in the fresh air.
6. **It improves focus & memory.**
7. **It positively impacts mood & psychological wellbeing.**
 - Gardens, as well as the activity of gardening, have been shown to have a positive impact on peoples' health and wellbeing, according to the Garden Organic report. It also states that those who are involved in gardening find life more satisfying and feel they have positive things happening in their lives.



Reference:
<http://www.rasmussen.edu/degrees/education/blog/gardening-for-kids-benefits/>