

# Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

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*Celebrate  
Earth Day on  
April 22<sup>nd</sup>!*



Earth Day seeks to educate and activate the environmental movement across the globe. Each year on April 22, 180 countries around the world celebrate this anniversary.

## April 4<sup>th</sup> is Vitamin Day!

Our bodies cannot produce Vitamin C on its own. It is important to consume vitamin C everyday by taking a vitamin, eating a variety of foods, and/or the best source raw fruits and vegetables.

### Find the Fruits & Vegetables That Contain Vitamin C!

C A U L I F L O W E R L S  
 W E L P P A E N I P N R T  
 P A T B D T K I W I E R D  
 S Z T Y R W O B Z P L G D  
 Z P T E Z O Y M P Z B D K  
 Z D I Q R Y C E A M Y D T  
 N X Z N Y M P C A T Q Y Z  
 D G N D A D E N O M O R G  
 L K G L E C G L J L N E K  
 R Y J R V O H K O J I R S  
 P L W R D W R G R N Q J M

- |           |          |              |
|-----------|----------|--------------|
| Kiwi      | Mango    | Strawberries |
| Pineapple | Broccoli | Cauliflower  |
| Spinach   | Tomatoes | Watermelon   |



## Family Meals Fuel Better Nutrition!

All parents want their children to grow up happy, healthy, and strong. One way to achieve this is by making family meals a priority.

Numerous studies show that home-cooked meals nourish the spirit, brain, and health of all family members. Regular family meals are linked to positive outcomes for children: higher grades and self-esteem, healthier eating habits and less risky behavior.



### Tips for Sharing Meals Together More Often:

- Turn off the television and limit electronic devices, so that all family members can be present.
- Come up with meals as a family.
- Identify obstacles to family mealtime. We live in a fast paced world so coordinating schedules can be tough, but it can be done and the benefits are well worth it.
- Set the expectation that family members will gather at specific times for meals. Meal time should be just as important as soccer practice, club meetings, etc.

References:

[https://heartlandschoolupdates.net/NutrikidsUpdate/MPNA/Media/pdf/Vol4/color/Vol4\\_Issue3\\_Happy\\_Children.pdf](https://heartlandschoolupdates.net/NutrikidsUpdate/MPNA/Media/pdf/Vol4/color/Vol4_Issue3_Happy_Children.pdf)  
<https://www.fmi.org/family-meals/toolkits/retailer-toolkit>

