

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

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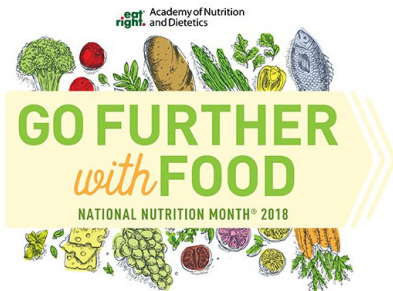
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MARCH

National Nutrition Month



"Go Further with Food" is the national nutrition month theme for 2018. This campaign focuses on consistently making healthy food choices while incorporating a consistent physical activity schedule. One great way to eat healthy throughout the week is by meal prepping. Below are tips for how to meal prep and work towards healthier eating throughout the week!



Meal Prepping 101:

- Start by prepping one meal for the week and work from there!
- Find time to cook for the week! Normally, it will take 2-3 hours to meal prep for the week. Most meal preppers prefer Saturday or Sunday.
- Mix it up! Plan two or three different dishes for meals throughout the week so there is some variety.
- Buy items in bulk so that you have enough and also save some money.
- If you don't want to cook everything in one night, simply prepping items such as fruits and veggies for the week can save hours in the long run.



I SCHOOL BREAKFAST

"I Heart School Breakfast" is the theme for this year's National School Breakfast week from March 5th-9th. This theme encourages parents, students, and schools to get social over breakfast! Students who eat school breakfast are more likely to be alert during the school day and concentrate better.

Breakfast is available in all Mason City Schools. To start the day off right, students are offered a hot or cold entrée with 1 cup of fruit/fruit juice and milk. Breakfast entrees include: Mini Pancakes, Mini French Toast, Mini Cinnis, Egg & Cheese Breakfast Sandwiches and more.

Visit www.masonohioschools.com for all breakfast menus.

Students eating breakfast at Mason Intermediate on March 7 will receive an "I heart school breakfast" pencil!

Students eating breakfast at Early Childhood and Western Row will receive an "I heart school breakfast" cup or bookmark.

"Go Further with Food" Word Search

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	R	B	A	G	N	O	T	H	
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Apple - Lemon - Onion - Popcorn - Beef - Mango - Pear
Squash - Eggplant - Mushroom - Pepper