

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>Happy National Nutrition Month®! This year's theme is <i>"Personalize Your Plate"</i>. Are you making every bite count? Take this quiz to find out.</p> <p>Quiz</p>	<p style="text-align: right;">2</p> <p>Water, water, the more you drink, the better you feel. Water is so important to our bodies because it keeps us hydrated, helps our cells do their job, and helps our joints function properly. Click here to learn how to make better beverage choices.</p>	<p style="text-align: right;">3</p> <p>My Plate is a visual representation of what a healthy plate should look like. There are five food groups: Protein, Grains, Vegetables, Fruits & Dairy.</p> <p>Educational worksheet</p>	<p style="text-align: right;">4</p> <p>Fruits offer many benefits such as vitamins, minerals & antioxidants. Check out his recipe on how to use Canned Peaches.</p> <p>Recipe</p>	<p style="text-align: right;">5</p> <p>Did you know that yogurt accounts for dairy group. This is an important group for growing children as it helps build strong bones and teeth. Check out how to use Yogurt in various ways in the recipe below.</p> <p>Recipe</p>
<p style="text-align: right;">8</p> <p>Milk is a great nutrient packed with Calcium, Vitamin D, B Vitamins, Potassium, Phosphorus & Protein.</p> <p>Educational Handout</p>	<p style="text-align: right;">9</p> <p>Whole grains offer fiber, B Vitamins, minerals, protein & antioxidants which together help lower your child's risk of developing diabetes, heart disease, and high blood pressure.</p> <p>Educational Handout</p>	<p style="text-align: right;">10</p> <p>Here is a recipe to try at home with kids. Picadillo is a traditional Spanish meal, and this video shows you how you can incorporate vegetables into it to increase the nutrients.</p> <p>"Picadillo" video</p>	<p style="text-align: right;">11</p> <p>Eating breakfast with protein is important to stay fueled and attentive during the day. It helps students build strong bones, muscles, skin & blood. One way to incorporate protein in your child's diet is with smoothies.</p> <p>PB & Banana Smoothie</p>	<p style="text-align: right;">12</p> <p>Making nutritious and delicious recipes is easy and fun. Here is a nutritious recipe you can enjoy during the Spring break days to come.</p> <p>Frozen Yogurt Pops</p>

<p style="text-align: right;">15</p> <p>In your Spring Break bundles, you probably received a variety of fruits & vegetables. If you are wondering what to do with the corn, check out this recipe that the entire family will love!</p> <p>Corn Cakes</p>	<p style="text-align: right;">16</p> <p>Carrots offer a variety of nutrients that bring health to our students. That is why we make sure our students receive them weekly. Try this easy recipe at home:</p> <p>Roasted Carrots</p>	<p style="text-align: right;">17</p> <p>If your Spring Break bundle included diced chicken, cheese & tortillas, below is an easy supper recipe to try at home.</p> <p>Chicken Quesadillas</p>	<p style="text-align: right;">18</p> <p>Applesauce can be used in many different ways. Alone as a snack, or even as an ingredient to a powerful snack or breakfast. Try the recipe below if you received applesauce in your Supper/Snack Spring Break bundle.</p> <p>Applesauce Mini Muffins</p>	<p style="text-align: right;">19</p> <p>Did you know that the potatoes you may have received with your Spring Break Supper/Snack bundle can be quickly microwaved and made into a delicious baked potato? See below!</p> <p>Microwaved Baked Potato</p>
<p style="text-align: right;">22</p> <p>How can you make sure to add vegetables to your plate? Learn about Bell Peppers today and how they fit into your plate.</p> <p>Bell Peppers Educational Handout</p>	<p style="text-align: right;">23</p> <p>All things sweet are not always a bad thing. Fruit for example, has a variety of nutrients plus natural sugar. Check out how you can incorporate fruit into your daily plate.</p> <p>Strawberries fit in too!</p>	<p style="text-align: right;">24</p> <p>Did you know that tomato is in reality an edible Berry? Because of its flavor it is usually found in the vegetable section at the grocery store, but it is actually a fruit!</p> <p>Learn about tomatoes!</p>	<p style="text-align: right;">25</p> <p>As Spring arrives, and hotter days are in our sight, we begin to think of refreshing, nutritious and delicious foods students can enjoy! Here is an interesting tip for Watermelons: Freeze slices into pops and enjoy them as a frozen treat! YUM!</p> <p>Watermelon</p>	<p style="text-align: right;">26</p> <p>In the supper bundles, students receive a variety of fruits throughout the week. This worksheet can be used to rate some of this week's fruits.</p> <p>Food Critic Activity</p>

<p style="text-align: center;">29</p> <p>Pears are sweet, bell-shaped fruits that have been enjoyed since ancient times. They are not only delicious but they offer many benefits.</p> <p>Learn About Pears -Educational Handout</p>	<p style="text-align: center;">30</p> <p>This small, fuzzy fruit can be eaten in many ways with many different vitamins and minerals - this includes canned peaches, but beware of fruit canned in high amounts of sugar. Always opt for fruit canned in water or its own juice rather than syrup.</p> <p>Canned Fruit 5 Ways</p>	<p style="text-align: center;">31</p> <p>Including Whole Grains in a child's diet is very important. Whole Grains are a carbohydrate and offer fuel for active brains and growing minds.</p> <p>Learn how to incorporate Whole Grains such as Brown Rice with these tips.</p>		
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