

March Newsletter

March is National Nutrition Month!

This year's theme, "Fuel for Success," encourages us to make informed food choices and establish healthy eating and physical activity habits.

Fuel Your Future

- Build a Balanced Plate: Include all five food groups in your meals—fruits, vegetables, grains, proteins, and dairy.
- Snack Smarter: Replace chips and candy with nuts, seeds, yogurt, or fresh fruit.
- Plan Ahead: Involve your children in meal planning and prep to teach them about nutrition.

Hydration Matters

Drinking water is key to staying healthy. Encourage your family to:

- Carry a reusable water bottle.
- Add a splash of flavor with lemon, cucumber, or berries.
- Replace sugary drinks with water during meals.

Get Moving

Exercise is an important part of a healthy lifestyle. Try these activities:

- Family walks or bike rides.
- Community sports leagues.
- Fun challenges like jump rope contests.

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