

March 2015 - National Nutrition Month

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 Bite into a Healthy Lifestyle by setting a good example.</p> <p>DID YOU KNOW? Kids pick up on your eating habits and will use the tools you teach them throughout their lives.</p>	<p>2 Nature Rocks!</p> <p>Take a nature walk after school!</p> 	<p>3 Reading exercises our brains!</p> <p>Find fun, fitness-inspired kids' books here.</p>	<p>4</p> <p>TURN COMMERCIAL BREAKS INTO PLAYTIME BY DOING JUMPING JACKS!</p>	<p>5 Dinner is ready!</p> <p>Meals prepared and eaten at home are usually more nutritious and healthy.</p> 	<p>6</p> <p>Mix it Up & Keep it Fun.</p> <p>CAN YOU EAT FOODS FROM ALL 5 OF THE FOOD GROUPS?</p>	<p>7 Plant a garden to have access to fresh ingredients all summer long!</p> 
<p>8</p> <p>Your heart is a muscle & needs exercise every day.</p> <p>Measure your heartbeat for 1 minute after running in place for 5 minutes.</p>	<p>9</p> <p>CAN YOU COUNT YOUR STEPS WITHOUT LOSING TRACK?</p> <p>The goal is to walk 10,000 steps a day.</p>	<p>10 WHERE IN THE WORLD IS YOUR FOOD FROM?</p> <p>Learn about Virginia-Grown fruits and veggies</p> 	<p>11</p> <p>Bite into a Healthy Lifestyle by celebrating Registered Dietitian Day!</p>	<p>12</p> <p>CATCH SOME ZZZ'S!</p> <p>Kids need at least 8 hours of sleep to be ready for school.</p>	<p>13 Next time you are in front of the TV, pretend the floor of your living room is hot lava.</p> <p>Try to not to touch the ground by moving from pillows to furniture.</p>	<p>14</p> <p>NAME THAT FLAVOR!</p> <p>Describe the taste, texture & smell of new foods.</p>
<p>15</p> <p>Be wise with portion size!</p> <p>Serve your meals on smaller plates to keep portion distortion in check.</p>	<p>16</p> <p>RETHINK YOUR DRINK</p> <p>Stay hydrated with water to keep your body in balance!</p> 	<p>17</p> <p>Restore & Reenergize</p> <p>Try a new Yoga pose!</p>	<p>18 MAKE A TRAFFIC-LIGHT FRUIT KEBAB</p> <p>Red: strawberries, cherries Yellow: Pineapple or yellow apple Green: green grapes or kiwi</p>	<p>19 Bite into a Healthy Lifestyle by encouraging physical activity.</p> <p>Physical activity can happen anytime and anywhere. Try being active for at least 60 minutes a day 5 days a week.</p>	<p>20 Fuel up each morning with a healthy breakfast</p> <p>DID YOU KNOW? Eating breakfast can improve your attitude and attention span.</p>	<p>21 Channel your inner Picasso!</p> <p>Download National Nutrition Month Coloring Sheets</p> 
<p>22 Bite into a Healthy Lifestyle by eating locally!</p> <p>Eating locally enriches our bodies & minds.</p>	<p>23</p> <p>TRY NEW FOODS & RANK YOUR FAVORITES!</p>	<p>24 CAN YOU EAT THE RAINBOW?</p> <p>See how many colors of fruits & vegetables you can eat.</p>	<p>25</p> <p>Navigate your way through an obstacle course in your back yard!</p>	<p>26 PLAY WITH YOUR FOOD!</p> <p>Get creative & turn dinner preparation into a cooking demonstration.</p>	<p>27 Get Moving!</p> <p>Play freeze dance.</p>	<p>28</p> <p>TURN YOUR LIVING ROOM INTO A PLAY SPACE BY BUILDING A FORT!</p>
<p>29 LOOK OUT FOR REV YOUR BEV DAY ON MAY 13TH</p> <p>Sugary drinks are the single largest source of calories in the American diet.</p>	<p>30</p> <p>Travel the globe at home by making or trying an international meal!</p> 	<p>31 Bite into a Healthy Lifestyle by encouraging produce picking.</p> <p>Let kids pick their own fruits and vegetables to try!</p>	<p>Bite into a Healthy Lifestyle this March for National Nutrition Month!</p>			

