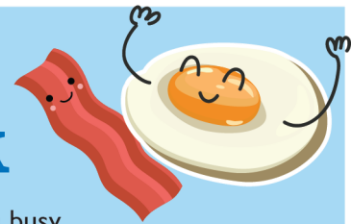




Celebrate National School Breakfast Week



Observed each year during the first full week of March, NSBW shines a spotlight on the School Breakfast Program and the dedicated school nutrition professionals who fuel students every morning.

We believe in starting the day off right—and that includes a nutritious breakfast for all students. By celebrating National School Breakfast Week (NSBW) every year, we're encouraging all schools to recognize the importance of a healthy start to the day for fueling a child's academic success.

Did you know children who eat breakfast are more likely to...

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

But when the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option! In fact, students who participate in school breakfast tend to have better attendance rates and fewer behavioral problems.

The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. These breakfasts tend to be more nutritious than the average breakfast a child gets from home or a convenient fast-food restaurant.



Source:

<https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/about-national-school-breakfast-week/>



Put Some Spring in Your Step!

Now that the weather is starting to warm up, get kids active with nature-focused spring activities.



Here's a few fun ideas:

- Build a backyard obstacle course
- Go on a nature scavenger hunt, ride bikes, or play lawn games like tag and tug-of-war
- Encourage creative movement with puddle jumping or flying kites
- Start a flower garden
- Use sidewalk chalk to draw games like hopscotch or create a "town" to ride bikes through



Activities like these promote physical fitness, creativity, and a love for the outdoors while helping kids burn off energy.

Go Green!

This month, you'll see clover all over; but you can never have enough greens—especially at mealtime!



Top 10 list of ways each family can go green in March:

- 1 Make a St. Patrick's Day snack plate of all green fruits and vegetables.
- 2 Serve up a build-your-own salad bar for lunch or dinner.
- 3 Try swapping pasta out for spiralized zucchini zoodles.
- 4 Start your day the green way with spinach in a smoothie.
- 5 Set a goal of incorporating a green fruit or vegetable at every meal.
- 6 Get your dip on! Serve ranch, peanut butter, or hummus on the side.
- 7 Consider buying pre-washed and/or pre-cut greens to save time.
- 8 Let your child pick out a NEW to them green fruit or vegetable to try.
- 9 If you're dealing with picky palettes, start with soups and sauces then build up to sides.
- 10 When it comes to eating green, be their role model this month!



Learn more at:

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>