



March 2016

# It's National Nutrition Month!

[www.communitybridges.org](http://www.communitybridges.org)

**Building a healthy body begins with building a healthy plate. To celebrate National Nutrition Month we wanted to provide some tips to help.**



## **Start the day right with a powerful breakfast!**

Did you know that children who skip breakfast tend to be more tired, irritated, or restless by late morning? Eating breakfast helps establish a normal eating pattern; and eating regular meals and snacks is key to maintaining a healthy weight throughout life. Remember, a healthy breakfast is important and gives you energy for the rest of the day!

### **Quick and easy breakfast ideas:**

- WW tortilla wrapped around a banana and 1% milk.
- Oatmeal with 1% milk and blueberries.
- Whole grain English muffin with avocado, hard-boiled egg and 1% milk.
- Almond butter waffle topped with strawberries and 1% milk.

## **Encourage your children eat more fruits and veggies.**

Fruits and vegetables improve children's nutrition, help prevent obesity and may boost school performance.

### **Fun ways to increase your children's fruit and veggie intake:**

- Use colorful vegetables as pizza toppings.
- Make sweet and yummy fruits your dessert.
- Top baked potatoes with beans and salsa or broccoli.
- Prepare veggie sticks to have for quick snacks.
- Swap crunchy veggies for chips when using a dipping sauce

## **And remember, it's important for children to stay active!**

Taking a walk after a meal or playing catch for 30 minutes is a great and simple way to keep kids active and healthy.



## Menu Ideas – Meatless Mondays

### Breakfast

WG Muffin	WW bagel	Cheerios cereal	WG English muffin	Oatmeal w. cinnamon
Tomato	Strawberries	Banana slices	Avocado	Blueberries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

Ricotta cheese	Chicken casserole	Garbanzo beans	Stir fry chicken	Turkev burger
Jumbo pasta shells	Bow tie pasta	<b>Way Cool Pasta**</b>	Brown rice	WW bun
Steamed green beans	Steamed brocolli	Carrot sticks	Shredded carrots	Tomato slices
Kiwi	Apple	Grapes	Oranges	Spinach salad
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Graham crackers	Rice cakes	Toast w. PB	Cottage cheese	Tortilla chips
Pineapple	Melon	Celery sticks	Apple slices	HM Salsa for dipping

### Way Cool Pasta Salad\*\*



#### Ingredients:

- Medium-bow tie or penne pasta- 3 cups
- Yogurt, vanilla, non-fat- 1 cup
- Mustard- 1-1/3 Tbsp
- Chopped celery- 1 cup
- Chopped green onion- 1/2 cup
- Tomatoes, chopped or canned, drained- 2 cups
- Pepper

#### Instructions:

1. Cook pasta according to package directions, but without adding salt to water. Drain and allow to cool.
2. In large bowl, combine yogurt and mustard.
3. Add pasta, celery and green onion to yogurt and mustard. Chill at least 2 hours in refrigerator.
4. Add tomatoes just before serving.
5. Top with pepper. Mix and enjoy!

**Serves:** Serves 12. Portion size is ½ cup to meet grain/bread requirement and fruit/vegetable requirement.

Source: <http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf>

## Activity Corner – Flower Masks

### What you will need:

- Paper plate
- or circle of cardboard
- Construction paper
- Glue
- Popsicle stick
- Or unsharpened pencil



1. Cut out petal shapes from construction paper and decorate the petals with markers.
2. Have an adult cut the center out of the paper plate so the child's head becomes the center of the flower.
3. Glue the petals around the edge of the plate.
4. Glue or tape a Popsicle stick or unsharpened pencil as a handle.
5. Now let your children peek through the flower!

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