National Nutrition Month 2019
National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Department of Food and Nutrition encourages our students to develop healthy nutritional and physical habits.
VEGETABLES — A FLAVOR POWERHOUSE

Raw
- Snacks
- Salads and sandwiches
- Salsas and relishes

Cooked
- Soups
- Stews
- Sauces
- Side Dishes
Added Benefits of Physical Activity

- Mood booster
- Better sleep
- Sharper focus
- Better blood pressure
- Improved blood sugar
GETTING STARTED

• Preschool-aged children
  ▪ Active play throughout the day.

• Children and adolescents
  ▪ 60 minutes or more each day, with at least three days a week of aerobic and muscle strengthening activities.

• Adults
  ▪ 2 ½ to 5 hours a week of moderate-intensity activity, including muscle strengthening activities at least twice a week.

• Older adults
  ▪ 2 ½ to 5 hours a week of moderate-intensity activity, including balance training and muscle strengthening activities, if able.
Simple Swaps

- Try frozen cherries or peaches to top waffles or pancakes instead of syrup
- Slice fresh fruit for that peanut butter sandwich instead of jelly
- Assemble a quick plate with fruit, cheese and whole grain crackers instead of chips and dip for a party
Students love eating fresh salads everyday in their school lunch. They also go home and ask their parents to make more salads. The school lunch is building a healthy foundation for the students and their families that they might not get otherwise.

~Teacher at Royal Palm Elementary