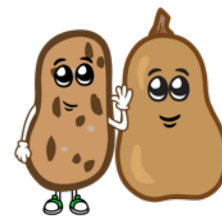


# March 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6

Get 8-9 hours of sleep and be ready to learn.

7

School Breakfast Week. Create a breakfast plan for your family.

8

Leafy vegetables are Chef Solus' favorite.

9

Color your plate green with fruits and veggies.

10

Spinach and broccoli are powerhouse green veggies.

11

Go to the farmers market for some fresh greens.

12

Make some stew and add some extra veggies.

13

Cabbage is a rich source of Vitamin A, C, E and B!

14

Dance to your favorite songs.

15

Have the kids help plan a menu full of colorful foods.

16

Teach kids about the lucky green vegetable.

17

Avoid using foods as rewards or punishment.

18

Plan daily activities that promote being active.

19

Start by serving a small serving of meat. You can always have seconds.

20

Start your meal by serving fruit and vegetables.

21

Make reading food labels a fun game.

22

Count your steps. Use a pedometer.

23

Share your happy moments during mealtime.

24

Try adding a finely diced vegetable into your mash potatoes.

25

Turn off the TV and enjoy family time.

26

Try some green tea with dinner.

27

Skip and laugh. Happiness is healthy!

28

Make nutrition fun, play a nutrition game.

29

Try kiwi for a tasty green snack!

30

Cabbage is a rich source of Vitamin A, C, E and B!

31

Kids learn about food during meal time.

