

February 2019

Families Making the Connection

Eat Right, Live Right, Feel Right

National Nutrition Month® is around the corner in March. The 2019 NNM theme is “*Eat Right, Live, Feel Right*”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Here are tips for your family any time of the year:






1. Discover the benefits of a healthy eating style.
2. Opt for foods and drinks that are good for you.
3. Include a variety of foods from all food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Eat the appropriate portion sizes for you.
6. Keep it simple.
7. Make food safety part of every day routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more.
9. Be active every day with activities you enjoy.
10. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your child's school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

				Friday, February 1
				Pizza Cherry Tomatoes Tater Tots Fresh Fruit Choice
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Crispy Chicken Drumstick Broccoli Salad Baked Beans Fresh Fruit Choice	Corn Dog Baked Potato Chips Red Peppers Pears-canned	Chicken Soft Shell Taco Southwest Salsa Refried Beans Fresh Fruit Choice	Cowboy Cavatini Corn Italian Vegetables Fruit Sidekick	Mini Pancakes w/ sausage patty Wax Beans Hash Brown Patty Fresh Fruit Choice
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fresh Fruit Choice	Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears-canned	Fish Sticks Tuscan White Beans Cherry Tomatoes Fresh Fruit Choice	Chicken Patty on bun Au gratin Potatoes Green Beans Fruit Gelatin Cups	
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
	Bosco Sticks w/ Marinara Sauce Cukes & Tomatoes Wax Beans Applesauce-canned	Super Nachos Cowboy Corn Salad Red Pepper Strips Fresh Fruit Choice	Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fruit Yogurt Parfait	Hotdog on Bun Steamed Carrots Fresh Celery Fresh Fruit Choice
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	
Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Fruit Choice	Pizza Crunchers w/sauce Sweet Potato Fries Fresh Cauliflower Trop. Mixed fruit-canned	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit Choice	Chicken & Noodles Mashed Potatoes Corn Fresh Mixed Fruit Cup	

Menus are subject to change.

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