

# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child.*

#3 | March | 2023

## National Nutrition Month

*Celebrate national nutrition month by incorporating the five food groups into your meals. As a challenge, try including a healthy food from each group into 1 meal a week!*



**Fruits:** [Fruits](#) are a source of essential nutrients that your body needs to be healthy. They are rich in fiber, potassium, vitamin C, and folate. Vitamin C is essential for helping your body absorb iron. Potassium is essential for maintaining a healthy blood pressure. *Examples: apples, bananas and oranges*

**Vegetables:** [Vegetables](#) are a vital source of vitamins A and C, folate, iron, and magnesium. They are low in saturated and trans fat, but high in fiber. They are also low in calories. Vegetables help reduce blood cholesterol and may lower the risk of heart disease. *Examples: broccoli, spinach and carrots*



**Dairy:** [Dairy](#) is a good source of calcium. Other nutrients dairy provides are potassium, vitamin D, phosphorus, vitamin B12 and protein. Dairy helps keep our bones strong and healthy. *Examples: milk, yogurt and cheese.*

the grains you consume should be whole grains. They are a good source of carbohydrates. Carbohydrates give our body the energy to do activities we love, such as sports or hiking. *Examples: bread, pasta and oatmeal*

**Grains:** [Grains](#) are divided into two different groups: whole grains and refined grains. Half



**Proteins:** [Protein](#) is an essential part of a balanced diet. Some nutrients that come from protein are vitamin B, E, iron, zinc, and magnesium. These nutrients can help build bones, support muscle function, and support your immune system. *Examples: eggs, meat, fish, beans and nuts*

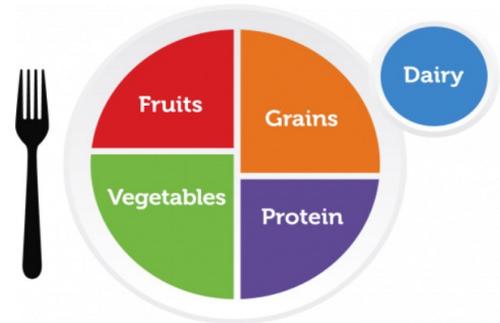


## ***Make eating healthy a habit! Here's some tips on how to get started:***

- Eat a variety of foods
- Read nutrition fact labels
- Plan your meals & snacks
- Visit your local registered dietitian or nutritionist
- Avoid fad diets
- Eat mindfully
- Plan to cook at home
- Avoid shopping without a list

### **For more great tips, visit [MyPlate.gov](https://www.myplate.gov)**

MyPlate.gov offers useful information about each food group and how to use the myplate model to ensure the meals you are eating are well rounded!



## **Cooking Corner**

Looking to celebrate St. Patrick's Day? **Corned Beef and Cabbage** is the perfect dinner for you!

[Read more](#) about this festive recipe!

Try **Farro, cherry tomato, and asparagus casserole**.

This healthy casserole is a mix of vegetables, eggs, cheese, and farro. Just add a side of fruit to get all five food groups on your plate. Click [here](#) to read more.



**Irish Soda Bread Scones** are another fun and delicious way to celebrate St. Patrick's Day. See the recipe [here!](#)

Looking for more? Check out these [31 Seasonal Recipes to Cook in March!](#)



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#), for assistance. We would love to hear from you!

