

February 2020

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



Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
A-Hot Ham & Cheese on a Bun B-General Tso Chicken w/ rice Monaco Blend Veggies Broccoli Salad Cherry Crisp 9-12 Fresh Fruit	A-Fish Sticks B-Baked Potato Bar Calico Beans Cherry Tomatoes WG Roll Peaches-canned	A-Hard Shell Beef Taco B-Chicken Caesar Wrap Romaine & Tomatoes Mexican Corn Tortilla Chips (9-12) Fresh Fruit	A-Lasagna B-Crispy Chicken Drumstick Garlic Bread Garden Salad Steamed Cauliflower Fruit Bar 9-12, Fruit	A-Chicken Patty on bun B- Beef Sliders Au gratin Potatoes Green Beans Fresh Fruit
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
A-Bosco Sticks B- Chicken Tetrazzini w/ garlic bread California Veggies Cherry Tomatoes WG Cookie 9-12 Fresh Fruit	A- Nachos Tortilla Chips 9-12 B-Toasted Ravioli w w/ meat sauce Cowboy Corn Salad Red Pepper Strips Spiced Apples	A-Stromboli Square B-Chicken & Cheese Burrito Tossed Salad Seasoned Peas Fresh Fruit	A-Hotdog on Bun B-French Bread Pizza Savory Carrots Steamed Corn WG Cookie Fresh Fruit Choice	
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
	A- Pizza Bites B-Hamburger Ponyshoe Sweet Potato Fries Fresh Cauliflower WG Cookie 9-12 Trop. Mixed fruit-canned	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fresh Fruit Choice	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Corn Fresh Mixed Fruit Cup	A-Mini Tacos B-Max Sticks Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
A-Mini Meatball Sub B-Turkey on Pretzel Bun Ranch Potato Wedges Tossed Salad Fresh Fruit	A- Chicken Drumstick B-Philly Sub Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail canned	A-Yummy Sloppy Joe on Bun B-Pasta Bar Cherry Tomatoes Seasoned Peas Fresh Fruit	A-Chicken & Waffle B-Irish Nachos w/ cornbread Fresh Baby Carrots Sassy Sweet Potatoes Fruit Cup	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ W.G Small Biscuit Wax Beans Hash Brown Patty Fresh Fruit