

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
				<div style="border: 1px solid black; padding: 5px; text-align: center;"> 1% Low-fat Milk & Chocolate Milk offered with Breakfast and Lunch </div>
French Toast Sticks w/syrup 100% Fruit Juice Fruit Cocktail canned	Breakfast Bosco Stick 100% Fruit Juice Fresh Fruit	Fru-del 100% Fruit Juice Mandarin Oranges canned	Banana Loaf String Cheese 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Cinni Minis 100% Fruit Juice Fruit	Scrambled Eggs WG Toast 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
	WG Donut 100% Fruit Juice Fresh Fruit	WG Bagel 100% Fruit Juice Pineapple canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit	WG Cinnamon Roll 100% Fruit Juice Pears canned
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
WG Cereal Yogurt Cup 100% Fruit Juice Mandarin Oranges canned	Biscuit & Gravy 100% Fruit Juice Fresh Fruit	Coffeecake 100% Fruit Juice Applesauce canned	Omelet 100% Fruit Juice Fresh Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit Cocktail canned