

March Family Newsletter

Choosing Healthy Habits Planner Theme: **Mission: Nutrition**

March is an excellent time to celebrate **National Nutrition Month**. Focus on developing healthy **eating patterns** by eating a nutritious breakfast every day to help improve focus throughout the day. Remember to incorporate at least three vegetables and two fruits in your meals daily - a colorful plate is a **healthy plate**!

*Check out page 119 in the *Choosing Healthy Habits* planner for more on healthy eating patterns.



National Healthy Habit Celebrations

- ✓ Frozen Food Month
- ✓ National Nutrition Month
- ✓ National School Breakfast Week (March 2-6)



Set
a
goal!

Healthy Habit Challenge

Challenge your family to hold a "Wellness Week" of activities to practice **healthy eating** and **physical activities** at home such as adding fruit to your breakfast or a family basketball game.



Harvest of the Month: Root Vegetables (Beets, Carrots, Radishes)

Fun Facts

- ✓ Root vegetables provides fiber and vitamin A.
- ✓ Many root vegetables store nutrients in their leafy tops.



Buying Tips

- ✓ Choose root vegetables that are hard to the touch and free of cracks and soft spots.
- ✓ If the roots are still attached, they should be sturdy and crisp.

Roasted Root Vegetables

Ingredients:

- Nonstick cooking spray
- 1 beet, peeled
- 3 carrots, peeled
- 1 sweet potato, peeled
- ½ tablespoon fresh thyme, chopped
- ½ tablespoon parsley, chopped
- ¼ teaspoon salt
- ¾ tablespoon vegetable oil



Instructions:

1. Preheat oven to 450°F, spray baking sheet with nonstick cooking spray.
2. Cut beet, carrots and sweet potato.
3. In a bowl, toss vegetables with vegetable oil, thyme, parsley and salt.
4. Spread root vegetables onto baking sheet.
5. Bake until root vegetables are tender/golden.
6. Enjoy!

*Makes 4 servings. For more information click here!