

# March Wellness Tip: Healthy Eating!

## Welcome to March!

Throughout this month, many schools focus on the importance of nutrition and healthy eating habits. Eating healthy influences brain function, behaviour, and learning which is why it is important to fuel the minds and bodies of our students with good food! Here are some tips for encouraging healthy eating as a family:

### **Eat Together**

Spend time together and make mealtimes fun! Take the opportunity to ask each family member about their day.

### **Keep Healthy Food Available**

Cut up vegetables right after you buy them and store them in easy-to-reach places. Have frozen fruit and veggies on hand for busy weeks.

### **Discuss the Importance of Nutrition**






















Talk openly with your kids about how nutrition impacts their bodies and minds. Discuss the benefits of fueling your body each day with whole foods and point out God's creativity in designing so many different and delicious choices!

### **Model Healthy Eating**

Make healthy meals fun and don't be afraid to include your kids in the creative process of making a meal. Enjoy the benefits of eating foods packed with nutrition while getting excited about eating healthily at the same time!

# Some Inspiration!



EGG	+	SPINACH	+	BEANS
				
BLACK BEANS	+	BROCCOLI	+	BROWN RICE
				
WAFFLE	+	PEANUT BUTTER	+	BLUEBERRIES
				
FISH	+	CARROTS	+	GREEN BEANS
				
TOMATO	+	BASIL	+	MOZZARELLA
				
LETTUCE	+	AVOCADO	+	GRILLED CHICKEN
				
WRAP	+	DELI MEAT	+	ROMAINE
				

Stay Hydrated!

Plan Nutritious Snacks



Eat Balanced Meals