

NDS WELLNESS NEWSLETTER

March 2019

Inside This Issue

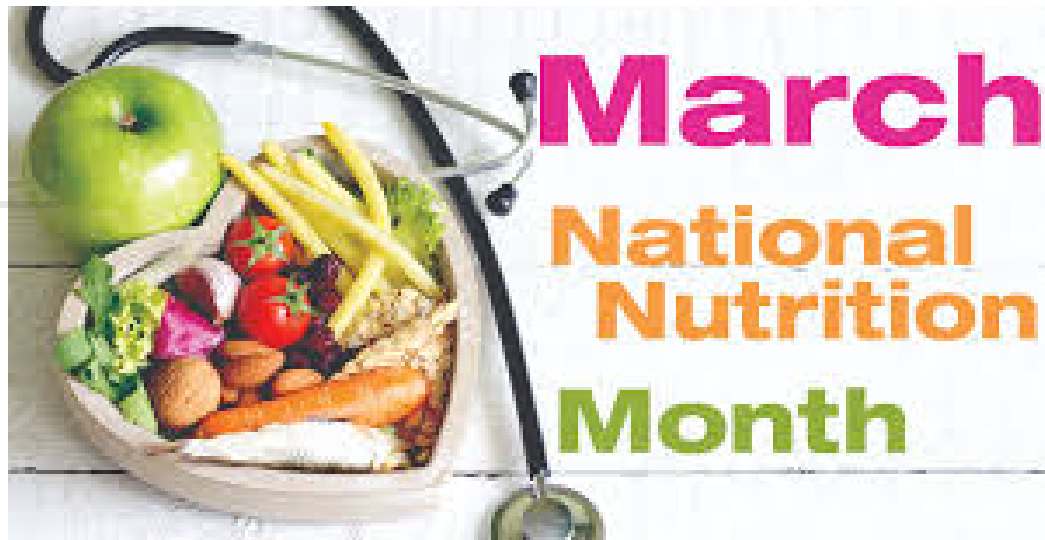
NATIONAL NUTRITION
MONTH (NNM)

ACTIVITIES FOR NNM

HEALTHY TIPS

HEALTHY SNACKS

NATIONAL SCHOOL
BREAKFAST WEEK



Nutrient Standards

Welcome to the March issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to student's well-being, growth, development, and readiness to learn. This month's focus will be National Nutrition Month and National School Breakfast Week. We hope you are ready to continue focusing on wellness this month through healthy lifestyle behaviors!

--NDS Staff

For more information visit: [NDS Wellness Program](#)

The Archdiocesan Wellness Policy promotes a healthy school environment through student wellness, proper nutrition, and regular physical activity.

Interested in becoming a part of the wellness advisory council?

Contact Jean Falk, RD at jfalk@ndsarch.org

Questions, Comments, Suggestions

Email: info@ndsarch.org

Phone: 215.895.3470.

National Nutrition Month

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign is celebrated each month during the month of March.

The focus of the campaign is on the importance of making informed food choices and developing sound eating and physical activity habits.



During this month, try emphasizing the importance of making educated food choices and developing healthy eating and physical activity habits. For resources for grades K-12 such as teaching guides, lesson plans, best practices, tip sheets, online learning games, educational videos, posters, book lists, and coloring pages visit <http://www.nea.org/tools/lessons/10-free-things-national-nutrition-month.html>



For information on how to take action at your school visit <http://www.actionforhealthykids.org/game-on/find-challenges/cafeteria-challenges/1505-celebrate-national-nutrition-month>

Activities For National Nutrition Month

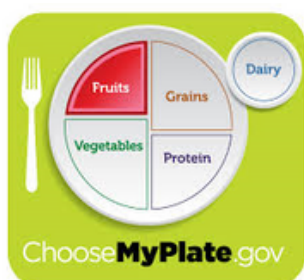
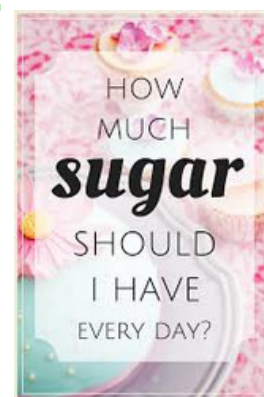
Ask students to save food nutrition labels. Spend some time in class reading labels and comparing information in the Nutrition Facts panels.



Develop a lesson plan that explains the science behind ingredients needed for baking.

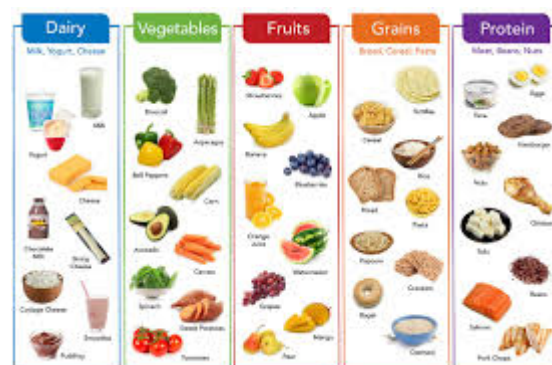


Create a "nutrition question of the day". Draw the name of a daily prize winner from those who provide the correct answer. Prizes could include jump rope, water bottle, pedometer or cooking items.



Have students draw and create a meal based on MyPlate.

Assign a group project that involves researching one of the five food groups. Allow each child to explain a food from that food group and the associated nutritional benefits.



Organize a health fair that promotes healthy eating resources and important preventive screenings.

Taste test a variety of fruits and vegetables and allow students to vote on their favorites.





Tips for Healthy Living

1. **Eat Breakfast-** Start your morning with a healthy breakfast which includes lean proteins, whole grains, fruits and vegetables.

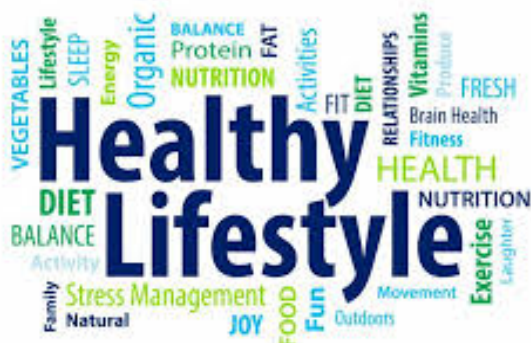
2. **Make half your plate fruit and vegetables-** Aim for 2 cups of fruit and 2.5 cups of vegetables daily. Try fresh, frozen, or canned with no or low added salt.

3. **Watch portion sizes-** Use measuring cups to determine portion sizes. Check out the WebMD portion size reference guide for easy tips.

4. **Get to know food labels-** Check nutrition fact panels while shopping to eat and/or drink smarter.

5. **Drink more water-** Quench your thirst with water instead of drinks with added sugars such as soda. Add flavor with fresh fruit and/or herbs.

6. **Pick healthy snacks-** Healthy snacks can sustain your energy levels between meals. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein.



Celebrate National Nutrition Month as a family! For ideas visit <https://www.choosemyplate.gov/national-nutrition-month>

Healthy Snacks

Snacks often play a big role in a child's diet, so it is important that snacks are healthy and provide nutrients!

See below for simple healthy snack ideas that kids will love!

Turkey and Lettuce Wraps

Ingredients: Sliced turkey, lettuce, tomatoes, and favorite sandwich condiments such as mustard or mayonnaise.

Place ingredients inside a large piece of lettuce, and wrap it from one end to the other, folding the top and bottom ends as well.



Frozen Yogurt Fruit Cup

Ingredients: 1 banana, 8 ounces plain low-fat yogurt, 4 ounces frozen berries, 4 ounces crushed pineapple canned in natural juice.

1. Line muffin tin with paper baking cups.
2. Dice or mash banana in bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin cups and freeze at least 3 hours.
5. Before serving, remove paper cups and let stand 10 minutes.



For more on Smart Snacking for kids visit

<https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smart-snackingtips4kids.pdf?la=en&hash=0FD5F56864B74D76CC462E5B4C261734A7845038>

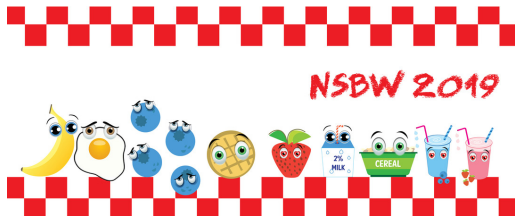


National School Breakfast Week

March 4th-8th

2019 Theme "Start Your Engines With School Breakfast"

The theme is designed to show parents, students, and school officials the benefits of fueling up for the day with a healthy school breakfast!



National School Breakfast Week (NSBW) is an annual national campaign designed to raise awareness of the National School Breakfast Program in school communities across the country. Use this week to display your breakfast program through exciting contests and promotions.

Did You Know Eating School Breakfast is Associated With:

- Lower rates of absenteeism and tardiness
- Fewer behavioral problems
- Reduced number of nurse's office visits
- Positive learning environments
- Higher grades and increased standardized tests scores



For ideas on how to celebrate National School Breakfast Week visit

<http://www.actionforhealthykids.org/tools-for-schools/find-challenges/cafeteria-challenges/1258-celebrate-national-school-breakfast-week>

For tools and tips of implementing National School Breakfast Week

visit <https://fsnetoolkit.com/national-school-breakfast-week/>