

# APRIL 2024

## Dear Parents, Caregivers, and Students

Happy April! With April showers bringing May flowers, Spring is the perfect time to try some new fruits and vegetables. NDS encourages you to explore your local produce aisle or visit a farmers' market to get inspired and fill your plate with fruits and vegetables.

Happy Earth Day!



Celebrate Earth Day April 22nd by spending time outdoors and enjoying nature with friends and family

### Rainy Day Fun

April showers shouldn't stop you from being active. Try these activities when it's raining:

- Dance party
- Hide and Seek
- Obstacle course
- Treasure hunt
- Indoor camping/blanket fort

### Wellness Corner

The rainy weather outside should remind us how important it is to stay hydrated. Follow these tips to stay hydrated and be environmentally friendly!



- Bring a reusable water bottle with you
- Leave water in the refrigerator to get cold, rather than running the tap
- Limit sweet drinks in plastic bottles or cans

### Try... Plant-Based Protein

Plant-based proteins are sources of protein that do not come from animals. Eating meat can have a large impact on the environment, so limiting meat consumption can be good for the Earth. Plant based protein sources include tofu, lentils, quinoa, chickpeas, and seitan.

Prayer Corner