

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.


Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

Menus for February 2019

Fresh Fruit & Vegetable Menu

| | | | | Friday, February 1 |
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|  | | | | |
| Monday, February 4 | Tuesday, February 5 | Wednesday, February 6 | Thursday, February 7 | Friday, February 8 |
| Orange (Mandarin) | Cauliflower (Snowball) w/ FF Ranch | Honeydew (Golden) | Passion Fruit | |
| Monday, February 11 | Tuesday, February 12 | Wednesday, February 13 | Thursday, February 14 | Friday, February 15 |
| Plum (Black Amber) | Apple (Granny Smith)/Celery/ Grapes (Seedless) Salad W/FF May | Strawberries | Apple (Fuji Organic) | |
| Monday, February 18 | Tuesday, February 19 | Wednesday, February 20 | Thursday, February 21 | Friday, February 22 |
| Orange (Red Naval Cara Cara) | Tomatoes (La-Roma) | Pear (Cactus) | Grapefruit | |
| Monday, February 25 | Tuesday, February 26 | Wednesday, February 27 | Thursday, February 28 | February is Sweet Potato Month. It is our State Veggie. N.C. is the #1 sweet potato producing state in the nation. Sweet potatoes can be eaten raw or cooked as part of any meal or snack. Check out www.ncsweetpotatoes.com . |
| Apple (Pink Lady) | Baby Arugula, Grapes w/FF Raspberry Vinaigrette | Banana (Red) | Blueberries (Big Blue) | |

