



## March Parents' Corner

### NATIONAL NUTRITION MONTH

March is **National Nutrition Month!** Tasty choices can be healthy choices too. This month's spotlight is about helping the whole family make better food choices with 5 easy tips:

1. **Sit down to dinner.** Busy schedules sometimes stop families from sitting down to eat together, but aim for at least four family meals per week. Kids are more likely to eat more fruits, vegetables and dairy products when they eat with their parents.
2. **Involve the kids in the kitchen.** Give kids simple tasks like washing fruit, tossing a salad or mixing sauce. If kids help to prepare healthy foods, they will be more likely to eat it.
3. **Shop seasonal.** Buying fresh fruits and vegetables while they are in season provides key nutrients and keeps your family food budget low.

*Look for these seasonal fruits and vegetables in March:*

Asparagus  
Broccoli  
Cabbage  
Carrots  
Cauliflower

Celery  
Zucchini  
Spinach  
Snow peas  
Lettuce

Apples  
Grapefruit  
Pears  
Oranges  
Strawberries

4. **Snack smart.** Keep quick and healthy snacks at home and in the car. Keep your fridge and pantry stocked with fruit and yogurt, cheese and crackers, and nuts and raisins instead of chips and candy.
5. **Set an example.** Be a role model for your kids. If you include fruit, vegetables and whole grains in your diet, your kids will too.