

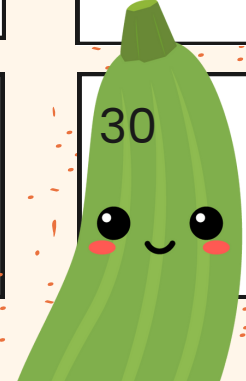
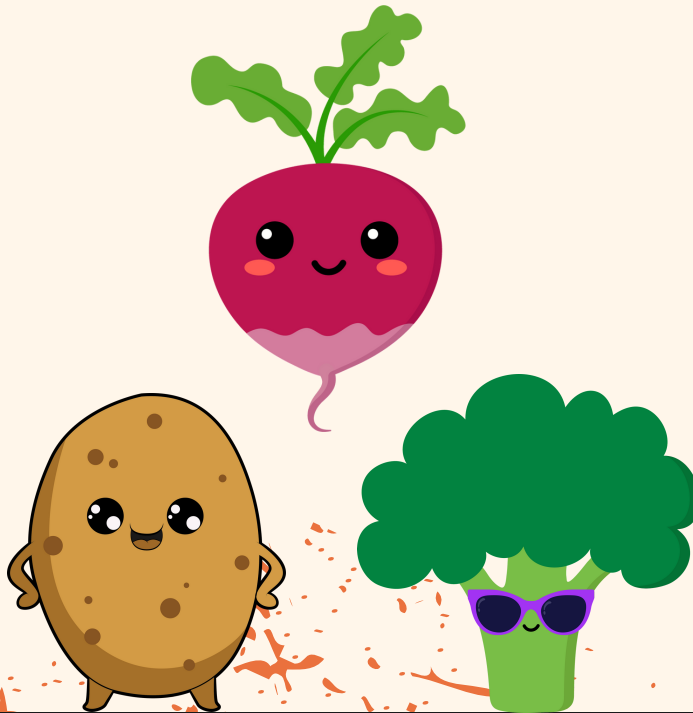
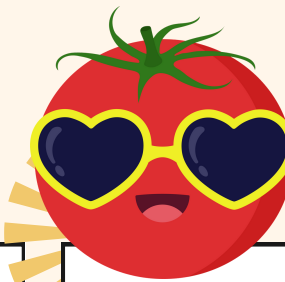


YES

MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Cafeteria Screen: Tips for Family Style Dining	2 
3	4 Cafeteria Screen: Tips for Staying nourished on any budget	5 Cafeteria Screen: Eat a variety of foods from all food groups	6 Cafeteria Screen: Eat with the environment in mind	7 Cafeteria Screen: SMART Snacking Tips: adults & teens Distribution of: Fact of Fiction Sheets & gifts	8 No School	9
10	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break	16
17	18 Cafeteria Screen: SMART Snacking Tips: adults & teens	19 Cafeteria Screen: Eating Right and Reduce Food Waste	20 Cafeteria Screen: Health Tips Distribution of: Word search, coloring sheets & gifts	21 Cafeteria Screen: Eating right on the run	22 Cafeteria Screen: Myplate guide to school lunch	23
24 	25 Cafeteria Screen: Smart Tips for Plant Based Eating	26 Cafeteria Screen: Smart Tips for Successful Meals	27 Cafeteria Screen: Food and physical activity checklist	28 Cafeteria Screen: My Plate Pledge Certificate	29 No School	30 



National Nutrition Month Calendar

Healthy tips and activities for YES Prep students and families