

Welcome to the March edition of the Nurses Nook!

March is **National Nutrition Month**. This month our focus is on healthy eating and staying active!



Did you know that snacks are an important part of a child's nutrition practice? Childrens often need **up to three** snacks a day to meet nutritional needs. You can best help them meet their goal by planning out snacks that come from different food groups. Many children enjoy being part of the food preparation process and this helps them learn to choose healthy snacks. Pick snacks that include foods from the **fruit and vegetable** food groups to meet the recommended daily requirements. Below are some fun snacks you can prepare with your child. Remember to include snacks in a backpack for snack during the school day.

- 1. Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
- 2. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- 3. Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- 4. Frozen treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- 5. Quesadilla: Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- 6. Spread hummus on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
- 7. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. (2023). Eat Right. Food, nutrition and healthy tips. Retrieved March 9, 2023, from <https://www.eatright.org/national-nutrition-month-2023>

Stay physically active



Did you know that school age children need at least 60 minutes of physical activity every day? Physical activity helps children grow, develop and stay healthy. Experts say that children who are physically active experience a boost in critical thinking skills and have better grades. Here are some fun ways to stay active.

- Organized activities- hopscotch, dodgeball, jump rope, kickball
- Interactive video games- enjoy games together that keep you moving like dance games or sports related games.
- Organized sports- gymnastics, baseball, football, dance, swimming, soccer etc.
- Make fitness part of your routine- walk or bike to school/work. Park a distance from the store entrances and take the stairs when it's an option. Share outdoor responsibilities like raking leaves or gardening. Make walking the dog a family affair.

Try these little tips to help you and your child to stay happy and healthy.

Your school nurse,

Nurse Sydney