



# Monthly Munch

Nutrition Newsletter  
March 2026



## March is National Nutrition Month



March is National Nutrition Month, a nationwide campaign led by the Academy of Nutrition and Dietetics. This year's theme is "Discover the Power of Nutrition," encouraging families to make informed decisions and create healthy habits. During National Nutrition Month, we focus on building healthy habits that last a lifetime—one meal, one snack, and one choice at a time!

### Eat the Rainbow!

Adding color to your plate isn't just fun, it's a healthy way to add nutrients to your day!

- **Red**—supports heart health... try strawberries or tomatoes
- **Orange**—supports eye health...try carrots or sweet potatoes
- **Yellow**—supports immune health...try pineapple or yellow bell pepper
- **Green**—Supports strong bones...try spinach or broccoli
- **Blue and Purple**—Supports brain health...try blueberries or grapes

**Challenge your family to add at least 2 colors to your plate each day!**

### Recipe Corner: Oatmeal Energy Power Bites

**Number of Servings: 22**  
**Serving Size: 1 energy bite**

#### Ingredients:

- 4 cups dried oats, uncooked
- ½ cup sunflower butter
- ½ cup raisins
- 2 TBSP honey
- 2 TBSP pancake syrup
- ½ cup chocolate chips

**Directions:** Combine all ingredients together on a sheet pan and allow to chill for 20 to 30 minutes. Once chilled, roll into 2 oz bites and hold cold or freeze for later use.

