

March 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Leafy vegetables are leprechaun's favorite.

Color your plate green with fruits and veggies.

1
Eat your cereal with low fat or nonfat milk.

2
Limit fruit juice to once a day.

3
Include a glass of water during breakfast.

4
Get 8-9 hours of sleep and be ready to learn.

5
Take a walk to the library and pick a favorite book.

8
Spinach and broccoli are powerhouse green veggies.

9
Go to the farmers market for some fresh greens.

10
Make some irish stew and add some extra veggies.

11
Cabbage is a rich source of Vitamin A, C, E and B!

12
Dance the irish jig!

13
Have the kids help plan a "lucky" menu full of greens.

14
Avoid using foods as rewards or punishment.

15
Start by serving a small serving of meat. You can always have seconds.

16
Plan daily activities that promote being active.

17
Happy St Patty's Day. Be lucky, eat a green vegetable today!

18
Start your meal by serving fruit and vegetables.

19
Make reading food labels a fun game.

20
Count your steps. Use a pedometer.

21
Share your happy moments during mealtime.

22
Try adding a finely diced vegetable into your mash potatoes.

23
Turn off the TV and enjoy family time.

24
Try some green tea with dinner.

25
Make nutrition fun, play a nutrition game.

26
Skip and laugh. Happiness is healthy!

27
Happy Healthy Easter!

28
Give your brain some healthy nuts during breakfast.

29
Include 4 food groups in your breakfast for a healthy start.

30
Stretch your muscles to avoid muscle injury..

31
Try kiwi for a tasty green snack!

