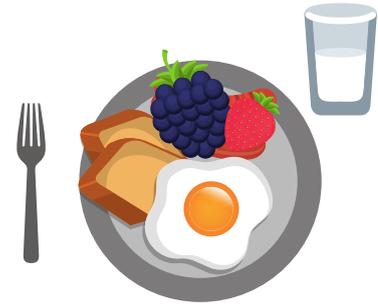


March Newsletter



Choosing Healthy Habits Day Planner Theme: Nutrition

Focus on developing healthy eating patterns, starting with a nutritious breakfast. Eating a healthy breakfast is a great way to start the morning and help improve focus throughout the day! Remember to keep the MyPlate portions in mind - a colorful plate is a healthy plate!



Check out page 99 in the Choosing Healthy Habits Day Planner for more information.

National Healthy Habit Celebration

- ✓ Frozen Food Month
- ✓ Noodle Month
- ✓ School Breakfast Week (March 4-8, 2019)



Set
a
goal!

Healthy Habit Challenge!

Eat a nutritious breakfast every day this month by adding one or more colors of fruits or vegetables to the meal.



Take it Home: Heart Healthy Challenge

Create an environment at home where your family can be successful and motivated to practice nutritious eating and physical activity. Together, make a list of obstacles that make it difficult to be successful. Agree to remove obstacles, distractions and temptations. Plan to have healthy foods or physical activities available.



Technology Tie-In

Drink more water and less sugary drinks every day! Try a phone app to help increase water consumption. The My Water Balance app personalizes recommended daily water intake per person and includes reminders!



Grant Opportunities!

- **School Breakfast Grant:** your school can introduce or expand a school breakfast program. (Deadline: April 5, 2019)
- **Game on Grant:** schools will be awarded funds to support physical activity and nutrition initiatives at their school. (Deadline: April 5, 2019)



Recognition

Carrollton Jr. High utilizes their Power Up for 30 training to increase physical activity in the classroom. As a result, they found students have less behavior problems and better test scores. Keep up the great work Carrollton!



Contact your HealthMPowers Health Educator to learn more information on Power Up for 30!