



Join National School Lunch Program in celebrating March as National Nutrition Month!

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics, and this year's theme is **Go Further with Food**.

The Academy of Nutrition and Dietetics is using this year's campaign to promote the following key messages:

- **Include a variety of healthful foods from all of the food groups on a regular basis.**
- **Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.**
- **Be mindful of portion sizes. Eat and drink the amount that's right for you, as My Plate encourages us to do.**
- **Continue to use good food safety practices.**
- **Find activities that you enjoy and be physically active most days of the week.**
- **Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.**

These seven simple, yet mindful techniques, can begin in March, and hopefully become part of our lifestyle. For more information on National Nutrition Month® please visit the website at: <https://www.eatright.org/>.



NSLP Applications are now open for Private Schools!

March 1st - the 4th Direct Certification is conducted

March 5th - 9th is National School Breakfast Week

March 11st is the beginning of daylight savings! Get ready to "spring forward"

Saint Patrick's Day is March 17th. Don't forget to eat your greens!

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