



## **March is National Nutrition Month National School Breakfast Week 4th - 8th**

Choosing nutritious foods and getting enough physical activity can make a real difference in your health. For [National Nutrition Month® 2019](#), in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and activity habits.

Eating right doesn't have to be complicated. Think about what you want your plate to look like and ask if it's incorporating all the major food groups. Select a mix of lean protein foods, vegetables, whole grains and fruits to enjoy a healthful meal.

The Academy recommends balancing nutritious foods with physical activity most days of the week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Being physically active up to 300 minutes per week has even greater health benefits.

Look into incorporating physical activity into your daily routine. Walk to work or take a walk during your lunch hour. Do something physical during the weekend, such as playing basketball with your kids or going dancing with your friends. The goal is to get moving; every little bit helps.



## **NATIONAL SCHOOL BREAKFAST WEEK**

We are celebrating #NSBW19, March 4th - 8th! Did you know that last school year we served 45,921 meals to our students for breakfast!

### **Eating school breakfast is associated with:**

- Lower rates of absenteeism and tardiness
- Fewer behavioral problems
- Reduced number of nurse's office visits
- Higher grades and increased standardized tests scores
- Positive learning environments
- Maintain a healthy weight
- Have better concentration and memory
- Be more alert
- Reach higher levels of achievement in reading and math, and score higher on standardized tests
- Decrease the risk of food insecurity
- Improve children's overall dietary intake
- Help protect against childhood obesity
- Protect against other negative health outcomes
- Reduce students' stress and anxiety





