

# March



## Pick a better snack & ACT with your Family

### Make Meals Together

Keeping track of what foods you have and what you need makes meal planning easier and saves money.

- Store leftovers in clear containers so you can easily spot what needs to be eaten.
- Keep a list on the fridge of what needs to be eaten in the next few days to avoid having to throw food out.
- Keep a list of what you need. Update it regularly to avoid extra trips to the store for forgotten items.

Make meals and memories together. It's a lesson they'll use for life.

### Be Picky in the Aisle

#### Spotlight on Dairy

The Dietary Guidelines recommend 3 servings a day from the dairy group for people over age 8. Most kids age 2 and over should drink 1% or fat-free (skim) milk.

- Buy blocks or wedges of cheese. Pre-sliced or grated products tend to be more expensive.
- Individual milk and yogurt containers are typically more expensive than one large one.

### Action

#### Stress Busters!

Everyone (even kids) has daily stress that tightens muscles. Stretching is a good way to unwind, relax, and keep your muscles flexible. Here are some flexibility tips:

- **Arm Circles:** Circle arms forward and backwards, making small and large circles. Arm circles increase flexibility in the shoulder joints.
- **Side Bends:** With your hands on your waist, bend to each side and hold for five seconds. Side bends increase flexibility in the lower back.

### Tasty Tips

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Roasted carrots are a quick and delicious side dish. They become very sweet when roasted so kids love them.

- Chop carrots into 1/2 inch pieces and toss with a small amount of olive oil, salt and pepper.
- Bake at 400 degrees for 12-15 minutes and enjoy!

It takes just an extra bit of chopping to make a double batch to save time later in the week.

