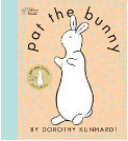
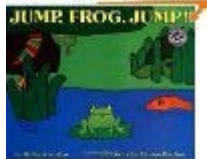





## March, 2017 *Healthy Way to Grow* Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1. National Nutrition Month</b> begins today! Ask your center director for this month's menus. See if there are any you'd like to try at home.	<b>2. Name and try foods that begin with the letter "m".</b> Mushroom, mandarins, mango, melon, mint, milk and miso.	<b>3. Fit Friday.</b> Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.	<b>4. Healthy Saturday Snack</b> Cut up fresh veggies and serve with guacamole. Just a taste could do it!
<b>5. Get ready for Spring</b> with this classic touch and feel book. Babies, toddlers and preschoolers will love sharing this book with you! 	<b>6. Baby Face!</b> While cooking dinner, during diaper time or bath time, make funny faces at your baby and watch how your baby imitates you. Stretch those facial muscles!	<b>7. Toasty Treats.</b> Toss 2 cups tomatoes and 1 cup celery with 1 tsp minced garlic in a bowl. Mix in 1 tbsp. olive oil. Preheat oven to 350. Cut whole-wheat baguette into slices and bake on baking sheet 5 minutes until toasted. Spoon ¼ cup tomato mixture onto each slice and serve.	<b>8. Use your library card to check out the book, <i>Jump Frog Jump</i> by Robert Kalan.</b> 	<b>9. Stop Light Chicken.</b> Coat skillet with non-stick cooking spray. Sauté chicken over medium-high heat for 10 minutes. Add finely chopped red, yellow and green bell peppers, and ½ tsp soy sauce. Cook 5-10 minutes until peppers are crisp. Add ¾ c cut mangos or peaches. Serve chicken mixture over cooked couscous.	<b>10. Friday night dance.</b> Move to the music while you get ready for dinner time!	<b>11. Prepare Fruit Towers</b> for the weekend. Cut apples, oranges and pears into 3 flat slices. Stack 1 slice from each fruit on top of the other to make a fruit tower. Cut each tower in half for one serving. Serve with yogurt or cottage cheese.
<b>12. Daylight Savings Time begins!</b> Spring forward one hour! Don't forget to set your clock. Our routines continue but our bodies must adjust to the new time. Children may need to nap a bit earlier for the first week.	<b>13. Chicken Salad.</b> Drizzle chicken breasts with olive oil. Sprinkle on basil and parsley and bake in 350 oven until no longer pink inside. Toss spinach, romaine lettuce, carrots and tomatoes with low-fat dressing. Top salad with chicken cut into bite-size pieces.	<b>14. Spring Games.</b> Pretend to be butterflies, birds, frogs and rabbits, waking up with the new season. Fly, jump, stretch and move freely. Make up stories and have fun pretending with your children!	<b>15. Sometime vs. Anytime Foods.</b> Have a separate space in the kitchen for sometime foods: Cookies, chips or cakes. Anytime foods should be readily available on the counter, in cupboards or in the fridge: fruits, veggies, grains, beans and meat.	<b>16. Activity Break.</b> Take a moment from all your 'to-do's' and shake a leg and arm, wave your hands and twirl around and around.	<b>17. Celebrate St. Patrick's Day</b> by dancing a jig! Hide green leaf "shamrocks" outside and search for them, bending, reaching and dropping in a bag.	<b>18. Raised Garden Bed.</b>  Use 2x4 wooden boards to build a frame for your spring garden.
<b>19. My Family Recipe.</b> Send your favorite recipe with your child to his/her early learning center for all to try.	<b>20. First Day of Spring!</b> Sing this song with your child with the movements to the tune of <i>I'm a Little Teapot</i> . <i>I'm a little seed-small and round. You can plant me in the ground. Give me sun and water, and you know. Soon I'll sprout and grow and grow.</i>	<b>21. Healthy Breakfast.</b> Quinoa is quick to prepare as well as nutritious! Top it with your favorite fruits.	<b>22. Water to Drink.</b> Toddlers can drink water in their sippy cups and preschoolers can have a special cup for their water. It's a great habit to start early!	<b>23. Celebrate family birthdays</b> in a healthy way! Read a special book, go on an outing or cook your child's favorite healthy meal.	<b>24. Up and Down.</b> Use words like up, up, up while lifting a baby up, and down, down, down, while lowering to the floor. Toddlers/preschoolers can reach up and bend down.	<b>25. Banana Cheer!</b> Recite the words and move, with your child imitating you: <i>Peel, peel, peel bananas (Peeling motion); Eat, eat, eat bananas (hand to your mouth); Go bananas, go bananas (shake your whole body)</i>
<b>26. Neighborhood sprint.</b> Join with other families to set up neighborhood activity zones. Stroll babies from one corner to the next. Walk older children to the park.	<b>27. Surprise</b> your child's center director or teacher with a clementine as a nourishing gift to brighten their day!	<b>28. No TV Tuesdays.</b> Use your now free time to prepare a meal together, listen to music and dance, look through family photos and share family stories.	<b>29. Walking Wednesday.</b> Another new month begins tomorrow! How are you doing? Enjoy taking family walks together before or after dinner.	<b>30. Smart Snacking.</b> Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots.	<b>31. Children thrive on routines.</b> They like to know what is expected of them and what to expect from you. A regular sleep time will make them happy!	