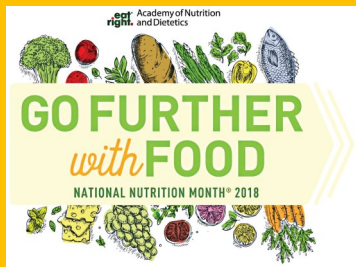


School Wellness Newsletter

March is National Nutrition Month?

Each year in March, National Nutrition Month® is celebrated by the Academy of Nutrition and Dietetics and Registered Dietitian Nutritionists (RDNs) throughout the country! Good nutrition and maintaining healthier habits to promote overall health is celebrated and encouraged! This year's theme is 'Go Further with Food.'



5 Balanced Breakfasts in 5 Minutes or Less!

1. **Black bean breakfast tacos** - small whole grain wrap, 1/4 cup black beans (rinsed and drained), 2 tablespoons of salsa and a sprinkle of cheese, shredded romaine lettuce
2. **Whole grain toast with avocado** and nuts/seeds, smoked paprika, and a dash of salt sprinkled on top
3. 1/2 cup **old fashioned oats**, cooked + 1/2 banana, nuts/seeds, cinnamon
4. **Smoothie**: 1 cup milk, 1/2 banana or 1 cup berries, 2 tablespoons of nut or seed butter (or 1/4 of an avocado + 1/4 cup Greek yogurt) and 1 cup of spinach
5. **Quinoa Breakfast Bowl**: 1/2 cup cooked quinoa, 1 hard boiled egg, 2 scallions chopped, 1/4 cup fresh salsa, 1/4 avocado

Go Further with Food!

When choosing our meals and snacks, calories are an important consideration as an imbalance of calories can cause weight gain or loss. The nutrient density of our foods should be considered as well!



Nutrients such as vitamins, minerals, antioxidants and other phytochemicals are found in plant-based foods and whole grains and help our bodies function!

Other than calories, which provide the energy our bodies need throughout the day, which nutrients are you getting?

Don't forget about balance!



Sam's Top 8 Ways to Increase Fruit & Vegetable Intake!

1. Throw some greens in your smoothie in the morning! It will not change the taste, but will boost the nutrients!
2. Omelets can be a great way of incorporating mushrooms, onions, greens and more in the morning!
3. Use a lettuce wrap as a taco shell!
4. Bring a veggie based dip to a party!
5. If you are going out for a meal with your friends, order a veggie based appetizer or ask for a side of veggies!
6. Grab a piece of fruit as a snack!



7. If you are craving a snack and it is not necessarily time to have one, have some raw veggies and hummus or guac!
8. Incorporate beans in unexpected places like a chickpea-based cookie dough!

Health, Well-being & Nutrition

Putting it all Together!

Get Enough Sleep!

As a growing adolescent, adequate sleep is extremely important! We should aim to sleep for **at least 8 hours¹ per night**. If you have trouble falling asleep, try turning off the screens (TV, phone, computer, etc.) before bed!

Source: 1. https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html



Dealing with stress!

Stress affects everyone at any age! Try identifying the reasons for your stress and brainstorm ways to manage it. Exercise can be a great stress reliever even if it is just a walk after school. Making time for yourself and the things you enjoy is important!



Get Moving!

Engaging in regular physical activity can be important for maintaining a healthy weight and dealing with stress!

The key is to find something you look forward to doing! It can be as simple as going for a walk with your friends, taking a class, or playing a pick-up soccer or basketball game!



Whatever your favorite sport or form of physical activity, make sure you enjoy it. You're more likely to stick to it if you do!

Food Waste

Food waste is a growing concern in the U.S. 40% of all food is wasted.

What you can do to help:

- Avoid overbuying fresh foods.
- Keep fresh food longer - don't refrigerate potatoes, onions, winter squash, garlic, tomatoes, avocados, bananas, peaches, or watermelon unless cut open.
- Donate to a local food rescue.
- Try composting.
- Freezing fresh foods and leftovers is a great way to preserve them for later use.

Written by: Kristin Lindner, Dietetic Intern
More info at www.sustainabletable.org

*Did you know that
ShopRite is a destination
for health and wellness?*

Sam Nuzio is the Registered Dietitian (RD) at ShopRite of Hillsborough! Sam offers tours, classes, scavenger hunts, wellness events and more!

Contact Sam for details about events and consults!

908.359.0313

Samantha.nuzio@wakefern.com