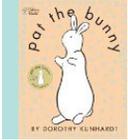
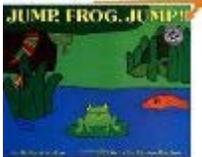




March, 2017 *Healthy Way to Grow* Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. National Nutrition Month begins today! Ask your center director for this month's menus. See if there are any you'd like to try at home.</p>	<p>2. Name and try foods that begin with the letter "m". Mushroom, mandarins, mango, melon, mint, milk and miso.</p>	<p>3. Fit Friday. Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.</p>	<p>4. Healthy Saturday Snack Cut up fresh veggies and serve with guacamole. Just a taste could do it!</p>
<p>5. Get ready for Spring with this classic touch and feel book. Babies, toddlers and preschoolers will love sharing this book with you!</p> 	<p>6. Baby Face! 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!</p>	<p>7. Toasty Treats. 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.</p>	<p>8. Use your library card to check out the book, <i>Jump Frog Jump</i> by Robert Kalan.</p> 	<p>9. Stop Light Chicken. 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.</p>	<p>10. Friday night dance. Move to the music while you get ready for dinner time!</p>	<p>11. Prepare Fruit Towers 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.</p>
<p>12. Daylight Savings Time begins! 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.</p>	<p>13. Chicken Salad. 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.</p>	<p>14. Spring Games. 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!</p>	<p>15. Sometime vs. Anytime Foods. 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.</p>	<p>16. Activity Break. Take a moment from all your 'to-do's' and shake a leg and arm, wave your hands and twirl around and around.</p>	<p>17. Celebrate St. Patrick's Day by dancing a jig! Hide green leaf "shamrocks" outside and search for them, bending, reaching and dropping in a bag.</p>	 <p>Use 2x4 wooden boards to build a frame for your spring garden.</p>
<p>19. My Family Recipe. Send your favorite recipe with your child to his/her early learning center for all to try.</p>	<p>20. First Day of Spring! 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></p>	<p>21. Healthy Breakfast. Quinoa is quick to prepare as well as nutritious! Top it with your favorite fruits.</p>	<p>22. Water to Drink. 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!</p>	<p>23. Celebrate family birthdays in a healthy way! Read a special book, go on an outing or cook your child's favorite healthy meal.</p>	<p>24. Up and Down. 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.</p>	<p>25. Banana Cheer! 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></p>
<p>26. Neighborhood sprint. Join with other families to set up neighborhood activity zones. Stroll babies from one corner to the next. Walk older children to the park.</p>	<p>27. Surprise your child's center director or teacher with a clementine as a nourishing gift to brighten their day!</p>	<p>28. No TV Tuesdays. Use your now free time to prepare a meal together, listen to music and dance, look through family photos and share family stories.</p>	<p>29. Walking Wednesday. Another new month begins tomorrow! How are you doing? Enjoy taking family walks together before or after dinner.</p>	<p>30. Smart Snacking. Keep raw veggie sticks handy, such as green or red bell peppers, green beans, celery or carrots.</p>	<p>31. Children thrive on routines. They like to know what is expected of them and what to expect from you. A regular sleep time will make them happy!</p>	