



Parent Healthy News

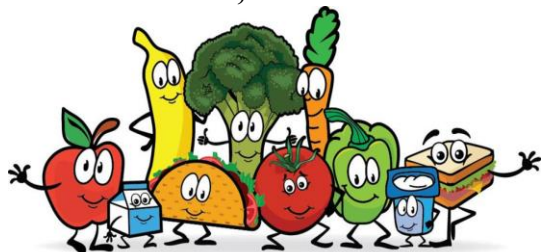
From the RSU 18 Lifestyle Team

March is National Nutrition Month



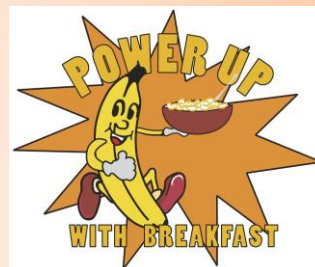
Celebrate National Nutrition Month by preparing a meal with your child(ren). Cooking is both fun and educational.

- Cooking is a life skill that teaches children about the importance of nutrition and food safety, as well as building math, science and literacy skills.
- Cooking teaches your child(ren) measurements, conversions and cooking skills.
- Plan the weekly family menu with your child(ren) so they feel like they have a say in what they are eating. .
- Make a grocery list of the items needed for menu.
- Research available items on the grocery store website.
- Look for savings in the weekly flyer.
- Shop for groceries together.
- Hold a family taste test. Buy different brands of a healthy food and let family members decide which one they like best
- Read food labels and talk about the choices you are making.
- **Most of all, Have Fun!**



National School Breakfast Week

March 7–11



Eating breakfast is an important part of powering up your body for the day. Eating breakfast at school can help keep your child alert, improve mood and reduce mid-morning food cravings. School Breakfast is free.

Healthier Breakfast Tips for at Home:

Oatmeal - is great on a cold morning and contains fiber and vitamins. Sweeten it with raisins or fresh fruit.

Smoothie - Blend fruit (bananas and berries are great), low-fat or fat-free milk and 100% fruit juice for a quick, tasty breakfast smoothie with lots of nutrients.

Go 100% Whole Grain - whole-grain, fiber-containing cereals served with low- or fat-free milk are healthier alternative to sugary cereals.

Eggs -Boil, scramble or poach eggs and serve on whole-wheat toast—they're packed with nutrition.

Toaster Treats - Frozen whole-grain waffles take almost no time to make. Top them with berries, low-sugar applesauce or sliced bananas instead of syrup.

Go Nutty! - Spreading peanut or almond butter on whole-grain toast is a great way to get both protein and fiber.

Go Fruity - Fresh cut up fruit with a dollop of low-fat or fat-free yogurt is a great way to start the day. Apples contain fiber and bananas contain potassium.

Try All-Fruit Spreads - Instead of butter or margarine on toast, try all-fruit spreads, fruit butters or even sliced bananas or strawberries.

Bagels - Try a whole-wheat or sunflower seed bagel with low-fat cream cheese or peanut butter.

Most of all enjoy a daily healthy breakfast.

The Health Benefit of Planting a Garden



There's a lot to look forward to with the Spring season right around the corner: longer daylight hours, warmer weather, and outdoor activities like planting a garden.

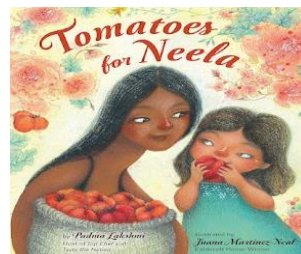
- **Gardening promotes healthy eating:** Gardening can provide exposure to new & diverse foods. When children grow their own fruits and vegetables, they are more likely to try them.
- **Gardening offers opportunities for Hands on learning:** Children love to dig in the dirt.
- **Gardening improves mood and reduces stress:** Gardening activities such as working with the soil and harvesting foods positively impact our body's release of mood-boosting chemicals in the brain.
- **Gardening provides opportunities for physical activity:** Adults and children should strive for [60 minutes of physical activity a day](#).



National Agriculture Day - March 22



The "Read ME Agriculture" Program will be held at RSU 18 elementary schools during the week of March 21 – 25. This is a very fun and popular program in our schools. This year's book is "Tomatoes for Neela" by Padma Lakshmi.



Every Pre-K - 5 classrooms that participate will receive the hardcover book and accompanying lessons and activities. The 2022 program will be a hybrid model where classrooms can decide the delivery method that works best for them. Options will include in-person and virtual readings. <http://www.maineaginthe classroom.org/>

Maine Maple Sunday March 27



Maine Maple Sunday® is a long-standing tradition where Maine's Maple producers open their doors to their sweet operations for a day of educational demonstrations, tours, fun family activities and samplings of syrup and other great maple products. For more information on Maine Maple Sunday Weekend use this link.

<https://mainemapleproducers.com/events/maine-maple-weekend/#!directory/map>

Contact our local Maple Producers in our school district for dates and times.



1427 Pond Road, Sidney ME 04330
(207) 547-5053

Raider's Sugarhouse

148 Bog Brook Rd, South China ME
207-968-2005

Wolf Creek Maple

3252 Middle Rd, Sidney ME 04330
207-530-2807

Let's Go! Program



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Welcome to Hanna Bouchard as the new Let'sGo! Program Coordinator at Northern Light Inland Hospital. Hanna is a recent graduate of Colby College and enjoys working with our schools and communities. RSU 18 schools have participated in the Let's Go Program since 2009.

Spring is almost here.

Children should get at least one hour or more of physical activity every day. Start Small.

- Make physical activity part of your daily routine.
- Limit recreational TV and computer time.
- Choose toys and games that promote physical activity.
- Encourage activities that can be enjoyed for a lifetime.
- Be a role model!

And remember, Keep physical activity fun!

<https://www.mainehealth.org/Lets-Go/Impact>