

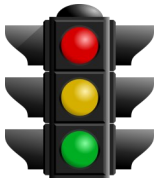
MARCH IS NATIONAL NUTRITION MONTH®

CATCH Newsletter

March 2021

National Nutrition Month® and St. Patrick's Day are a great time to make healthier choices!

3 ways you can make healthier choices during March!




- ⇒ **Go Foods** are symbolized with a green light to indicate Go. **Go Foods** are healthy and we should try to eat more of them.
- ⇒ **Whoa Foods** are symbolized with a red light to mean Stop or Whoa. **Whoa foods** are higher in unhealthy fats, salt, and sugar and should be consumed in moderation.
- ⇒ **Move more** at school to celebrate St. Patrick's Day! Try changing a few games, such as capture the flag becomes capture the pot of gold, four square becomes four leaf clover, or a four leaf clover scavenger hunt.



Question Break! Can you name two GO foods and two WHOA foods? Discuss with your family at dinner tonight.

Broccoli Brad Word Search





R	U	J	C	R	B	E	E	T	S	A	F	N	Z	N
A	O	Z	N	D	J	R	T	T	M	X	I	D	P	Z
J	Y	O	G	M	E	F	Z	Q	Z	S	C	M	Y	M
C	C	C	T	Z	R	C	B	F	I	N	T	I	L	J
O	X	X	N	S	C	A	C	A	R	N	U	N	G	L
Y	B	F	N	H	X	U	R	K	O	D	I	Q	E	H
R	U	R	X	S	E	L	B	A	T	E	G	E	V	A
F	C	D	O	J	C	I	U	J	T	C	R	Q	T	A
X	P	K	J	C	X	F	M	A	E	J	A	C	U	G
R	O	U	S	L	C	L	J	L	N	G	P	O	O	M
A	T	R	H	T	M	O	R	A	W	S	E	W	F	N
B	A	K	D	Z	E	W	L	S	Q	J	Z	Y	C	K
Q	T	O	K	I	O	E	G	I	A	O	U	B	K	Y
H	O	W	A	R	T	R	W	Z	K	G	U	I	C	P
P	A	D	N	V	X	J	Z	S	H	W	M	K	P	S



Broccoli Vegetables
Roots
Sweets

Grape Raisin
Potato Rotten

Beets Cauliflower

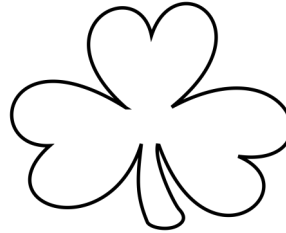


More Nutrition Fun www.ChefSoku.com
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Color me!

Healthy Snack Ideas!

- ◇ Help the Leprechaun find the rainbow by creating a vegetable rainbow! Thinly slice orange, yellow, and green peppers to create a rainbow, use cauliflower as clouds, and a bowl of hummus as the pot of gold.
- ◇ Create a fruit kabob using all green fruits, such as honeydew, apples, grapes, and kiwis for a festive treat.
- ◇ Try creating shamrocks by slicing green peppers to create a ring in the shape of a four leaf clover.
- ◇ Check out fingerlakeseatSMART-newyork.org for more recipes!



Unscramble and fill in the blanks to name the GREEN GO foods then find them in the word search!

1. npiahcs _____
2. erap _____
3. wiik _____
4. Pareg _____
5. _e_per- _____
6. W_t_rm_lo_- _____
7. B_oc_o_i- _____
8. Z_c_hi_i- _____

H E V K M H C Z L I S I D J D F T S O D K G
 L R O I D P E K P E R L J A H C V A U P W R
 O A B G U S P I N A C H Y S B S O D G E I A
 H W A T E R M E L O N V P T R A E A Z A S P
 S P Z U C C H I N I R F B R O C C O L I Q E

Recipe Spotlight:

Healthy Shamrock Shake

Ingredients:

- 2 cups fresh spinach
- 1 cup skim milk
- 1 cup fat free vanilla yogurt
- 1 frozen banana (remove peel prior to freezing)
- Mint leaf (optional)



Directions:

Combine ingredients in blender and process until smooth.

Source: <http://ccechenango.org/resources/healthy-shamrock-shake>

Nutrition Facts

2 servings per container	
Serving size	1 1/4 cups
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol < 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 34g	
Includes 11g Added Sugars	22%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 368mg	30%
Iron 1.001mg	6%
Potassium 805mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.