

March 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meatless day	Snacks	100 Calories Burn	Did you know that Yogurt?	Water	Snacks	Best practices to remember
	1 Apple slice with Peanut butter	2 Walking medium pace. 25 minutes	3 Calcium help build and maintain strong Bones	4 Flavor water with fruits or herbs	5 Cereal with Banana or slices Strawberries	6 5 Serving of Vegetables & fruits every day.
7 Garden Vegetable Pasta, use WIC to buy Vegetables and pasta	8 Yogurt with Granola or fresh fruits.	9 Cleaning home for 35 minutes	10 Has Vitamin D which help body absorb calcium	11 Eat fruits or vegetables high in water, like watermelons and oranges	12 Toast with Slice Tomatoes and hard boil eggs	13 Water every day 8 cups for adults 4 cups for children (minimum 4)
14 Vegetable Chili use EBT card to buy Vegetables	15 Whole wheat bread with peanut butter cut into slices	16 Dancing to music	17 Has protein which gives your body energy	18 Drink unsweet sparkle water instead of soda	19 Spinach, egg with tortilla slices	20 Less than 2 hours of screen time per day
21 Vegetables wraps use EBT card to buy tortilla & vegetables	22 Trail mix using WIC cereal	23 Playing Basketball 20 minutes	24 Yogurt can be used in cooking	25 Carry Reusable water bottle to travel with	26 Vegetable snack's pack carrots, celery and PB dip	27 Read 30 minutes a day
28 Spinach fruits salad use EBT, spinach, strawberries, blueberries, pineapple, red onions	29 Make fruit smoothies for breakfast or after school snack	30 Running fast for 11 minutes.	31 Be creative yogurt day	Notes: ✓ Nutritional Nutrition Month "Personalize Your Plate" ✓ Do an hour physical activity everyday ✓ Laugh Every Day		