

# Families Making the Connection

## Go Further with Food

National Nutrition Month® is around the corner in March. The 2018 NNM theme is “Go Further with Food”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Planning meals and snacks carefully can also reduce food waste. Tips for your family any time of the year:

1. Include a variety of foods from all food groups.
2. Take inventory of the food you have on hand before buying more from the market.
3. Buy only the amount that can be eaten or frozen in a few days. Plan to use leftovers later in the week.
4. Eat the appropriate portion sizes for you.
5. Use good food safety practices.
6. Be active every day with activities you enjoy.
7. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The annual event reinforces the importance of healthy eating and physical activity habits. Start planning now to celebrate with your family, at your child’s school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at [www.eatright.org](http://www.eatright.org).

## February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

### THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY 9th-11th FEBRUARY LUNCH MENU

			Thursday, February 1	Friday, February 2
			FRIED CHICKEN W/G ROLL  MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES  LOW FAT OR SKIM MILK	EARLY RELEASE PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
CHICKEN FILLET  YELLOW CORN GREEN PEAS APPLE SAUCE ORANGES  LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL  MASHED POTATOES BROCCOLI PINEAPPLE TIDBITS ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  GREEN BEANS YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/SALSA  SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
CHICKEN NUGGETS W/G ROLL  PINTO BEANS YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BAKED CHICKEN W/G ROLL  MASHED POTATOES GREEN BEANS TROPICAL FRUIT  LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWICH  FRESH CARROTS W/RANCH CELERY STIKS APPLE SAUCE  LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	EARLY RELEASE PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
BAKED SPAGHETTI  YELLOW CORN DICED TOMATOES ORANGES  LOW FAT OR SKIM MILK	CHICKEN FILLET  GREEN BEANS MASHED POTATOES FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  BROCCOLI & CHEESE YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL  MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD W/RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE BLACK EYED PEAS FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G ROLL  FRESH CARROTS W/RANCH YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUIT  LOW FAT OR SKIM MILK	February is Sweet Potato Month. It is our State Veggie. N.C. is the #1 sweet potato producing state in the nation. Sweet potatoes can be eaten raw or cooked as part of any meal or snack. Check out <a href="http://www.ncsweetpotatoes.com">www.ncsweetpotatoes.com</a> .	