

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:

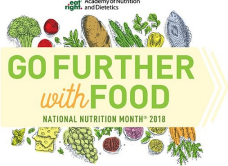
- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

Find a registered dietitian nutritionist (RDN), nutrition tips and NNM info at www.eatright.org.

February

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

THE POINT COLLEGE PREPARATORY LEADERSHIP ACADEMY K-12 FEB.BREAKFAST MENU

			Thursday, February 1	Friday, February 2
			W/G CINNAMON TOAST CRUNCH CEREAL BAR	CHEERIOS W/G GRAHAM CRACKERS
			100% JUICE	FRESH FRUIT
			LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
PANCAKES W/SYRUP SAUSAGE LINKS	W/G CINNAMON TOAST CRUNCH CEREAL BAR	W/G NUTRI GRAIN BARS	W/G DANISHES	CHEERIOS W/G GRAHAM CRACKERS
ORANGES FRUIT COCKTAIL	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT ORSKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
W/G BREAKFAST BURRITOS	CORN FLAKES W/G GRAHAM CRACKERS	W/G DANISHES	W/G NUTRI GRAIN BARS W/G APPLE CINNAMON GRANOLA BARS	W/G FRENCHTOAST STICKS W/SYRUP
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT ORSKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
W/G BLUEBERRY MUFFINS	W/G DANISHES	W/G NUTRI GRAIN BARS	W/G CINNAMON TOAST CRUNCH BARS	CHEERIOS W/G GRAHAM CRACKERS
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, February 26	Tuesday, February 27	Wednesday, February 28		
W/G PANCAKE W/SYRUP SAUSAGE LINKS	W/G OATS & HONEY BARS W/G GOLDFISH GRAHAMS	W/G BREAKFAST BURRITOS	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 www.ncsweetpotatoes.com .	
FRUIT COCKTAIL ORANGES	100% JUICE	FRESH FRUIT		
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK		



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