

MARCH is NUTRITION MONTH

Fuel your body with foods that will increase your focus, concentration, and energy.

AVOID putting in ALL PACKAGED FOOD ITEMS

ENSURE that your child's lunch is colorful with.....

FRESH FRUIT

VEGATABLES

MEAT OR PROTEIN

DAIRY

GRAINS

WATER



- **Have your child involved in packing their lunches.**
 - **Educate them on the importance of eating healthy foods.**
- **SHOW** how to pack a healthy lunch rather than **TELL**. The best way for our children to learn is by the adults to **SHOW**.

MAKE A HEALTHY LUNCH VIDEO WITH ZACK

<https://youtu.be/aNdJqm-ux88>

St. Mary GOOD FOOD BOX NUTRITON PROGRAM

SAVE a 1/3 to 1/2 off your fruit and veggies!
Pick-them up from the school twice a month.

EMAIL: Mme. Hjelsing if you are interested.

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All items are hand picked to ensure produce is fresh. There are staple items in each one and then additional items. More of a fruit lover. Purchase just a fruit good food box. Food is dropped off at St. Mary School every other week. CONNECT WITH MME.

HJELSING and SAVE \$ on your produce and feed your family with healthy choices.

