

WEDNESDAY WOWS



Welcome to Wednesday WOWS! • W-wonderful O-opportunities W-with S-schools

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March 2, 2016

Savor the Flavor of Eating Right

HEAR - SEE - DO Learning

The theme of National Nutrition Month this March is "Savor the Flavor of Eating Right". Healthy foods can be appealing and taste great, but for many of us, it may require adding to the kinds of food we typically purchase. We are also challenged to become a little more daring and creative.

Hear - See - Do Activities

Making healthy tasty, presents many teaching opportunities in classrooms or for families at home:

- Teach healthy balance with VARIETY. Combining a variety of food groups opens up the possibilities for a variety of textures, tastes and colors.
- Have kids think about plain vanilla yogurt. Now brainstorm healthy ingredients that can add to the taste and appeal. Even better, when possible have kids make their own creations with a variety of choices like chopped fruits and crushed dry cereals. Ask kids to identify all of the different food groups in their creations. For older students, ask them how they might market to others to create appeal for tasty healthy foods.
- Teach MODERATION by talking about how "presenting the food" (as on a plate or in a bowl) helps to create appeal. In addition, it helps to savor the flavor when we eat slowly and only eat when we are truly hungry.

HEAR - SEE - DO Tips for Newsletters

A handy "cut and paste" tip for your parent or staff newsletters to meet a healthy challenge. Find more ideas on the [Healthy6 Printables page](#).

Make Smart Serving Choices AND Savor the Flavor

- Pick fruit-filled, low fat desserts as a healthier choice.
- Try whole grain breads like pumpernickel, oatmeal, or multi-grain for new tastes.



[Donate](#)

National Nutrition Month Activities

This March, incorporate fun nutrition and active play ideas into your classrooms, afterschool events and community programs! [Learn More.](#)

Funding Opportunities

Connect healthy eating and physical activity with literacy
[Library Mini Grants](#)

Deadline: Mar. 31, 2016

The Ezra Jack Keats Foundation Mini grant awards \$500 to public schools, libraries and community organizations that foster creative expression, working together and interaction.

HKC Blog

Wake Up to School Breakfast!

National School Breakfast Week starts on March 7th. This year's theme is **Wake Up to School Breakfast.**

[Read more](#)

Partner in Health

- Give up the habit of eating from a bag which makes it difficult to keep track of how much is eaten.

Thought for the Day

"The more you eat, the less flavor; the less you eat, the more flavor." -- Chinese Proverb

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Connect with Us

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