



March 2020



Hi everyone!

It's **March**, let's bid farewell to leafless trees and brown grass, and say hello to green leaves and early blooms all around. During March we celebrate **National Nutrition Month**, **St. Patrick's Day**, and other fun days like, **National Pi Day!**

March is National Nutrition Month, and my friends and I have been noticing that there are a lot of kids and families that are doing a great job with nutrition. We see kids all the time drinking water at the park or at meals, instead of juice or soda. We are noticing that many teachers and families are giving children better snack options such as fresh fruit and veggies, instead of processed and packaged foods. Finally, we are happy that many families are choosing the healthy options at fast food restaurants and meal prepping healthier meals ahead of time for busy nights of extracurricular activities. We are so glad to see our friends eating healthy foods!



To celebrate National Nutrition Month, we would like to share one of our favorite resources, "Color Me Healthy." This is one of our favorite resources that we encourage families and providers to use to learn more about healthy eating. Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on healthy eating.

This curriculum is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and of course, taste.

Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food is fun. (Color Me Healthy also includes a physical activity component.)



The Clubhouse friends and I also like to celebrate St. Patrick's Day and Pi Day. For as long as I can remember, we have been doing the [Leprechaun Dance*](#) to celebrate St. Patrick's Day. It is such a fun dance and I hope you will try it!

To celebrate Pi Day, some math thing not the pie we eat, my friends and I love to go to Glides house where his mom makes [Apple Pie Crisp*](#). It is healthy and so yummy! Luckily, she is allowing us to share her recipe with you so that you and your friends can try it too!

* Want to use these activities as a family engagement tool? If so then click [here](#) to download.

My clubhouse friends and I hope you'll celebrate throughout the month of March. Keep fueling your body with the nutrients it needs to be the healthiest version of you! Share your pictures and ideas on Facebook, Twitter, and Instagram using **#beactiveblue** and **@beactivekids**. See you in April for the Week of the Young Child!

