

March is National Nutrition Month and to help with ways to snack healthier, try some of these healthy snack ideas for your family: “Ants on a Log” – celery with peanut butter and raisins, mix fresh or canned fruit (100% juice, not syrup) with fat free or low-fat yogurt or apple slices with peanut butter. Try smearing low-fat chocolate pudding on a whole grain cracker, then top with a marshmallow! Check out [www.eatright.org](http://www.eatright.org) for more ideas.

For those with nut allergies remember you can substitute an alternative for peanut butter, such as sunflower seed butter. Always check labels for ingredients!

An informational sheet (from Eat Right. Academy of Nutrition and Dietetics) will be sent home with the students each week during the month of March with topics such as “health tips”, “eating on the run”, “eat right with my plate”, and “smart snacking”. These will be posted on the Health Services section of [www.ottoeldred.org](http://www.ottoeldred.org) as well.