

March is National Nutrition Month, a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics.

National **Nutrition** Month is held **annually in March**, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme, "Bring a Natural Balance to Nutrition" highlights that nutrition is about balance. Having a healthy diet can look different for everyone! What's most important is to have a variety of nutritious foods every day. (www.eatright.org). Check out www.eatright.org for more nutrition information.

An informational and/or activity sheet (from USDA) will be sent home with the students each week during the month of March.