

# SFE Newsletter

## Putting Child Nutrition First



**Let's Celebrate March with National Nutrition Month!**

**Are you eating from all 5 of the food groups?**



✓ **Grains:** Always Choose 100% Whole Grain



- ✓ **Fruits:** Eat colorful!
- Orange: Peaches, Oranges, Nectarines
  - Yellow: Bananas, Pineapple, Pears
  - Green: Kiwi, Grapes, Apples
  - Purple: Grapes, Plums, Blueberries
  - Red: Apples, Strawberries, Cherries



- ✓ **Veggies:** Think Green!  
Dark green veggies are best as they are high fiber.
- Broccoli, Brussel Sprouts, Avocado, Cabbage, Kale, Celery, Lettuce, Spinach



✓ **Dairy:** Yogurt and Milk are superfoods for your bones! Keep them healthy and strong by having yogurt as a snack or both for your morning breakfast!



✓ **Protein:** Choose sources such as chicken, beans, & nuts. These help strengthen your muscles!



**Love Peanut Butter?  
Good News, March 1<sup>st</sup> is Peanut Butter Lover's Day!**

**Did you know Peanuts are a superfood offering more than 30 vitamins and nutrients?**

- Eat them with your fruit and veggies to give your body a boost of extra health

**Peanut Butter is also heart healthy and wards off some cancers!**

- Try it as a spread on toast for breakfast or a snack

### CREAMY PB BANANA POPS

**Ingredients:**

- 4 large very ripe bananas
- 1/2 cup creamy peanut butter
- 12 oz. frozen whipped dessert topping
- 1 tablespoon lemon juice

**Directions:** Place all ingredients in a blender and process until smooth. Pour into popsicle molds. Freeze until firm. Serves 12.