

# NCWVCAA

## Nutrition and Safety

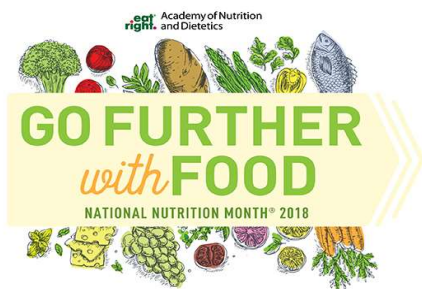
### March Newsletter

Courtney Cummins

Nutrition/Safety Program Specialist

## Topics Discussed

- Celebrating National Nutrition Month
  - Pedestrian Safety
  - Choose My Plate Resource
  - Classroom Highlight



6. Continue to use good food safety practices.
7. Find activities that you enjoy and be physically active most days of the week.
8. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

**National Nutrition Month** is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

#### Key Messages:

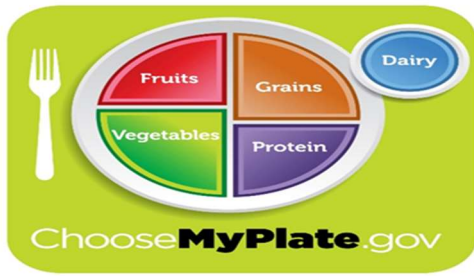
1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
- 3.
4. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.

## PEDESTRIAN SAFETY FOR LITTLE KIDS

Once your kids take their first steps, they'll want to use this new power as much as possible. By knowing a few simple tips, you can encourage your kids to explore and be safe when they're out and about.

### Top Safety Tips

1. Talk to your kids about how to be safe and aware while walking.
2. Tell kids to look left, right and left again when crossing the street. Teach them to never run or dart out into the street or cross between parked cars.
3. Remind kids to make eye contact with drivers before crossing in front of them and to watch out for cars that are turning or backing up.
4. It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
5. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.



## MyPlate helps celebrate National Nutrition Month

Healthy eating is important no matter how old you are. This National Nutrition Month, MyPlate is here to help you “spring” into the new season with a variety of tools and resources to help you find a healthy eating style that works for you at any age. Whether you need to [find a MyPlate plan](#) that fits your needs or just need some [tips](#) to help you on your healthy eating journey.

Join MyPlate, a great FREE nutritional resource from the USDA to achieve your healthy eating goals this month and all year long. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for:

### **Kids:**

- Learn more about [Health & Nutrition for Preschoolers](#)
- Find a [MyPlate Daily Checklist for Preschoolers](#)
- Check out videos, songs, activity sheets and more at [MyPlate Kids' Place](#)
- Visit our [Fun & Games board](#) on Pinterest
- View MyPlate's Guide to [School Lunch](#) and [School Breakfast](#)

### **Teens:**

- Test your knowledge with [MyPlate Quizzes](#)
- Check out our [Tips for Teen Girls](#) and [Tips for Teen Guys](#)
- View MyPlate's Guide to [School Lunch](#) and [School Breakfast](#)

### **College Students & Adults:**

- Tips to:
  - [Reach Your Nutrition Goals](#)
  - [Make Your Takeout Healthier](#)
  - [Redo Your Coffee Shop Stop](#)
- Resources for [Healthy Eating on a Budget](#)
- Find recipes on [What's Cooking?](#)

### **Families:**

- [MyPlate, MyWins for Families](#)
- [Real Solutions from Real Families](#)

### **Professionals:**

- [Dietary Guidelines Communicator's Guide](#)
- [MyPlate Message Toolkit for Professionals](#)
- [Become a MyPlate Partner](#)
- Join in on MyPlate's promotional activities with our [2018 calendar](#)

## **“And the KUDOS Goes To:”**

Terry Higginbotham, Assistant Teacher at Mannington II HS, started utilizing the fruit and vegetable activity books that can be borrowed from the Nutrition and Safety Program Specialist. Her class has tasted beets, planted beans and watch them grow, had potatoes grow roots and inspected the inside of a pumpkin. The kids are loving it. Here are some photos of there “experiments”. *All photos had parental consent for this*



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