



# QuickBites



PARENTS, MARK YOUR CALENDARS!

## Surf's Up with School Breakfast



From March 4-8, 2024, schools across the country are gearing up to celebrate National School Breakfast Week (NSBW) with the exciting theme, "Surfs Up with School Breakfast." On busy weekday mornings, finding time for a healthy breakfast can be a challenge for many families. However, our nutrition department is here to ensure that students kickstart their day with delicious, nutritious breakfast options, setting the stage for a day of focused learning. Studies indicate that students who enjoy a school breakfast are more likely to achieve higher levels in reading and math, score better on standardized tests, maintain a healthy weight, and exhibit improved concentration and memory. So join us as we ride the wave of NSBW, recognizing our commitment to providing students with breakfast options worth celebrating!

**Source:** <https://schoolnutrition.org/sna-news/make-waves-with-nsbw24-resources/>

### Go Green(s)!

March is all about going green, and we're not just talking about the color! Dark leafy greens come in an incredible variety beyond romaine or spinach, including kale, chard, collard greens, arugula, and even fresh herbs. Packed with vitamins, minerals, and antioxidants, dark leafy greens support good vision and immune function. Greens can sometimes be a hard sell for younger children, but there are plenty of ways to prepare them that retain their nutrient density while boosting appeal. The USDA's MyPlate recommends incorporating one and a half to two cups of these greens into your family's weekly diet. For a kid-friendly approach, consider adding darker greens like romaine or arugula into the usual iceberg salad mixes. Add a cup of spinach or kale to a mixed berry smoothie. Or add chard or collard greens finely chopped to a favorite soup. However, you embrace the opportunity to "Go Green" this March, it's a great time to make dark leafy greens a tasty and essential part of your family's diet.



### Here Comes the Sun

#### Ready for Spring?

You won't have to wait long...

The Vernal Equinox is on Tuesday, March 19th this year! And it's not just the blooming flowers and warmer temperatures that bring excitement – it's also the increased sunshine that comes with longer days. The upcoming shift in seasons is a wonderful opportunity for families to soak up the health benefits of more sunlight. Exposure to natural sunlight is a vital source of vitamin D, essential for the development of strong bones and a robust immune system, especially in growing children. Beyond its physiological perks, sunlight can be a mood enhancer, promoting feelings of well-being and reducing stress. This month, encourage your family to embrace outdoor activities, whether it's a weekend picnic, a nature walk, or simply enjoying some quality time in the backyard.



**Let the Spring Equinox be a reminder to prioritize outdoor moments, for wellness that's solar powered!**

#### Sources:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/how-to-get-your-kids-to-eat-dark-leafy-greens>

<https://www.eatright.org/health/wellness/nutrition-panels-and-food-labels/use-the-dietary-guidelines-myplate-and-food-labels-to-make-healthy-choices>

in schools across the country.

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## PARENTS, DID YOU KNOW

YOUR CHILD CAN RIDE THE WAVE OF SUCCESS WITH HEALTHY BREAKFAST OPTIONS AT SCHOOL?

Established in 1989, **National School Breakfast Week (NSBW)** celebrates how school breakfasts can set students up for daily success. By observing this special week every year, we're encouraging all K-12 schools to recognize the importance of a healthy start to the day with breakfast to fuel children's academic success.

## LET'S BUILD A HEALTHY SCHOOL BREAKFAST WITH THESE NUTRITIOUS FOODS:

**1** cup fruit

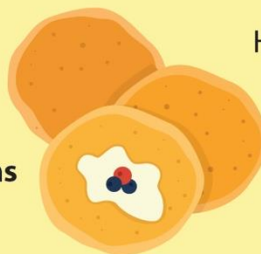


**W**hole

**1** cup fat-free or 1% milk



**G** rains



MARCH 4-8, 2024 | #NSBW24  
#SURFSUPWITHSCHOOLBREAKFAST

## CHILDREN WHO EAT BREAKFAST ARE MORE LIKELY TO...

Attain higher levels of achievement in subjects such as reading and math

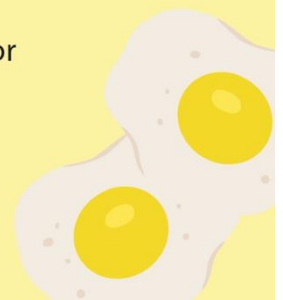
Achieve higher scores on standardized tests

Maintain a healthy weight

Exhibit improved concentration, alertness, comprehension and memory

Have reduced absenteeism and tardiness

Improve their classroom behavior



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Away From Home

Dive deeper and grab more #NSBW tools and resources at  
[schoolnutrition.org/nsbw](https://schoolnutrition.org/nsbw)