

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN MARCH



FRUIT » ORANGES

HEALTH BENEFITS: Oranges are known for their vitamin C content which supports your immune system – and they are packed full of other important nutrients too! Oranges are a good source of fiber, folate, vitamin A, potassium and calcium!

SELECTION / STORAGE: Choose oranges that are heavy for their size with firm and smooth skin. Avoid soft spots in the skin. Uniform color does not affect the ripeness. Oranges can be stored at room temperature or in the fridge for two weeks.

EATING / PREPARATION: Wash the orange under cool running water. Oranges are a quick and easy snack; just peel and enjoy! Mix it up and try oranges in new ways. Add them to salsa, chicken wraps, fruit kabobs and even lemonade. The next time you have a salad, toss orange slices in and drizzle with a vinaigrette dressing for a fresh new twist!

VEGETABLE » CAULIFLOWER

HEALTH BENEFITS: Cauliflower is an excellent source of folate which plays a key role in nervous system development and function. It's also high in vitamin C, supporting your immune system. Cauliflower is high in fiber keeping your stomach and digestive tract healthy!

SELECTION / STORAGE: Select cauliflower with firmly attached leaves. Avoid cauliflower with brown spots or loose sections. Refrigerate in a plastic bag for up to a week prior to use.

EATING / PREPARATION: Rinse cauliflower under cold running water, then remove the outer leaves and slice the florets away from the stalks. Chop to the desired size. You can enjoy cauliflower fresh, steamed, sautéed or roasted. It is an excellent addition to soups and stews or get creative with a cheesy chicken cauliflower casserole. Keep ready to eat cauliflower in individual bags for a quick grab-n-go snack.



ACTIVITY » SHAKE IT OFF

ACTIVITY: Since March is National Music in Our Schools month, why not celebrate with some moves of your own? Dancing is a great way to relieve stress and let your inner rock star shine. Moving to the beat can be fun for all ages as it improves endurance, muscle tone and coordination, all things that lead to a happier and healthier life. It also comes in many different styles such as ballet, hip hop, ballroom or your own personal jive. So crank the music and get moving!