



**THIS MONTH'S THEME:**  
Eat Like an Explorer

It's National Nutrition Month!

Eating nutritious foods is even better when you enjoy them with friends. Whether you're trying a wacky new veggie like Romanesco, crunching on broccoli & carrots, or enjoying a handful of mango slices, food is a great way to connect. Try a new fruit or veggie this month and give it a fun rating! Is it crunchy, juicy, sweet, or sour? Would you eat it again? Rate it with a 👍, 🤔, or 🤢! You can even challenge a friend or family member to try it with you and compare your reactions. Here's an example:

- 🥬 Romanesco: "Tastes like broccoli but crunchier! 👍"
- 🥕 Baby Rainbow Carrots: "Sweet and fun colors! 🤔"
- 🍅 Yellow Tomatoes: "Juicy but a little tart—would eat again! 🤢"

What new fruit or veggie will you try this month?



	MON	TUE	WED	THU	FRI
Kiwi Slices Baby Rainbow Carrots	3	 4	5	 6	7
Blubberies Snow Peas	10	 11	12	13	 14
Apples & Grapes Romanesco Florets	17	 18	19	 20	21
Pineapple Chunks & Mango Slices Zucchini Slices	 24	25	 26	27	28
Yellow Grape Tomatoes Broccoli & Carrot	31	 1	2	 3	4

Happy St. Patrick's Day