



SPRING INTO NUTRITION.....

April showers bring May flowers and signals warm weather is just around the corner. Are you ready to spring into action?

If you are like many people, when you shed the winter clothes and realize what hibernation has done to your waistline, you may agree April is a great month to spring into action. To get in shape for spring and summer, you should put one or two changes into practice, such as controlling your portion sizes or cutting back on fat in your food choices. When you feel comfortable with your progress, try something else.



SPRING INTO HEALTH.....

Add physical activity to your day. It's good for health and provides an opportunity for the family to be together. Aim for 30 to 60 minutes of daily physical activity. Don't forget to warm up your body beforehand and finish with some stretching. Take the stairs instead of the elevator or escalator whenever possible. Make weekend plans for the family to take a bike ride, walk around the park, play baseball or even just do yard work together.

Along with physical activity, take time for a healthy meal before you head out. Include carbohydrates for energy.



SPRING CLEANING.....

Don't forget to clean your kitchen and refrigerator for a fresh start. Check "best if used by" dates of all open products. Throw away any expired products. Throw out foods that have been "hibernating" in the fridge. Replace them with products that are low fat or fat free to support healthy eating.

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