

March 2, 2022

## MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month and this is important how? Nutrition gives us the fuel we need to have our bodies function at their optimal levels. A lot of your students are athletes. It helps them get ready for that competition. Nutrition is important for all children and adults alike regardless of whether they play sports or not.



According to the American Dietetic Association, there are several ways to incorporate nutrition to keep you and your kids healthy.

- 1) Drink water! According to the ADA, students and adults alike should drink between 6 and 8 cups of water a day. That's 64 ounces daily.
- 2) Eat the rainbow. Eating varied fruits and vegetables of different colors can give you vitamins and nutrients essential for your body to function at its best. Supplements are fine too but the ADA suggests getting those nutrients from the foods we eat instead of supplements.
- 3) Shop the perimeter of the store. This is where the freshest foods are. Also, SNAP benefits can include fresh fruits and vegetables at the select vendors at the farmer's market during the summer so shop local as well.
- 4) Get on the move! When you and your kiddos get exercise and go outside, it is helping your body move and use the fuel that you took in through your meals to energize you for that activity.

Covid update-Currently the Mancos School District has no one absent due to Covid. No active cases and no one is out due to quarantine. We do have Covid 19 at-home test kits available. We are also continuing with our Monday morning covid 19 testing for all staff and students. Please keep in mind that the CDC is still concerned about new strains of Covid 19; therefore take appropriate self- management actions.