



Take a NOURISH Step!

Celebrating Connection, Nutrition, & the Power of Listening

March FUN Days!

3-2: Dr. Seuss Day

What's your favorite book?

3-2 to 8: Celebrate Your Name Week

What does your name mean or symbolize?

3-17 to 23:

Act Happy Week

Do something that makes you happy!

3-20: Story Telling Day

Share a story with someone.

More at brownielocks.com

March brings a unique opportunity to celebrate how we connect with others and care for our well-being. *Listening Awareness Month* reminds us that active listening strengthens relationships and fosters understanding. In alignment, *Food Connects Us: National Nutrition Month*® highlights the role of shared meals in building community while nourishing our bodies. Meanwhile, *Hearing Awareness Week* emphasizes the importance of hearing health in maintaining meaningful communication. (See Resources on page 2).

Together, these observances encourage us to prioritize our health, savor the moments that bring us together, and truly listen—to others and our bodies.

March Featured Foods

March is Peanut, Quinoa & Frozen Foods Month. Healthy Fats Day is March 21st.

Peanuts are a nutrient-rich snack with healthy fats, protein, fiber, vitamins, minerals, and antioxidants. Watch the portion size; they are high in calories.

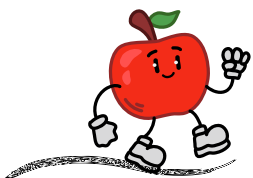
Quinoa (pronounced keen-waa) A gluten-free, complete protein grain. High in fiber, and heart-healthy nutrients. Find **recipes** at <https://foodhero.org/recipes/recipe-categories/quinoa>

Frozen Food NOURISH Steps Tips.

Compare the Sodium, Saturated Fat, and Added Sugar on frozen food labels. (Understand)

Frozen fruits & veggies without added salt or sugar are as healthy as fresh!

Add frozen veggies to rice dishes. (Increase Fiber, Nutrient Rich)



***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Try Frozen Fruit Yogurt

Ingredients

- 4 cups Frozen Fruit*
- 1 Cup Plain or Vanilla Greek Yogurt
 - Note: You can use regular yogurt but the protein content will be lower.



***NOURISH Step**

Look for frozen fruit without added sugar.

Directions

1. Wash your hands before starting.
2. Add frozen fruit and yogurt to blender or food processor and blend until creamy, about 2 to 4 minutes.
3. Store in the freezer up to 1 month.

Recipe adapted from FoodHero.org.

Healthy Fats Word Scramble

1. OVDCOAA _____
2. IFHS _____
3. ESLTDNUA TNSU _____
4. IVOEL LIO _____
5. CALBAERO NAUT _____
6. SONLMA _____
7. ELFWRNSOU SEDSE _____

Learn more about healthy fats at
<https://www.heart.org/en/healthy-living/healthy-eating>



Hydration Tip:

In recognition of National Bubble Week (March 17- 22) try Carbonated flavored water this month.

They are calorie-free and often made with natural essences. They may help relieve indigestion and promote feelings of fullness. They are a great substitute for sugary sodas!



Resources:

- National Nutrition Month <https://www.eatright.org/national-nutrition-month>
- WI Coalition for Social Connection <https://connectwi.org/>
- WI Office of Deaf & Hard of Hearing <https://www.dhs.wisconsin.gov/odhh/index.htm>

Answers to Word Scramble:

Avocado, Fish, Unsalted Nuts, Olive Oil, Albacore Tuna, Salmon, Sunflower Seeds



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Pam VanKampen, RDN, CD 3/25

