

MARCH 2026

Family Newsletter



- No Kimchi For Me** by Aram Kim
Hot, Hot Roti for Dada-ji by F. Zia
Cora Cooks Pancit by Dorina K. Lazo Gilmore
Jalapeño Bagels by Natasha Wing
Rabbit Food by Susanna Gretz
Nut Free Squirrel by Matthew Sullivan
Bee-bim Bop! by Linda Sue Park
Pizza Day by Melissa Iwai
My Very First Book of Food by Eric Carle
How Hungry Are You? by Donna Jo Napoli
and Richard Tchen

Mealtime

by Elizabeth Verdick

Pandas Love Pickles

by Liz Lynch

I Can Eat a Rainbow

by Olena Rose

My Food, Your Food, Our Food by Emma

Carlson Berne

Are You What You Eat? by DK



For  Grins

Which vegetable can't keep a secret?

(Answer on page 2)

NATIONAL NUTRITION MONTH

Each March we celebrate National Nutrition Month.

We dedicate the month to exploring foods and learning about good nutrition to help set the kids on the path for a healthy future.



Here are a few nutrition tips for a healthy March and beyond!

- Half the plate should be fruits & veggies. Aim for colorful options to boost nutrients.
- Whole grains are key. Choose whole-grain bread, pasta, and cereals for energy and fiber.
- Include lean meats, beans, eggs, or dairy for muscle growth and brain development.
- Swap chips for apple slices with peanut butter or carrot sticks with hummus.
- Opt for yogurt, cheese sticks, or whole-grain crackers for protein-packed energy.
- Kids often confuse thirst for hunger. Encourage water first before offering snacks.
- Limit sugary drinks and offer water as the primary beverage.
- When trying new foods, even one bite is a win!
- Try themed days like "Rainbow Plate Friday" to encourage colorful fruit & veggie choices.
- Calcium & Vitamin D are vital for strong bones which are found in dairy, leafy greens, and fortified foods.
- Omega-3s in fish like salmon support brain development.



Early Learning Academies



TIPS FOR PICKY EATING

It is well known that young children often develop picky eating habits, leaving parents unsure of how to respond. While picky eating can be frustrating, it's a normal phase influenced by taste preferences, textures, smells, or learned behaviors. The good news is there are many simple ways you can influence your child's eating and promote healthful habits.

Here are a few suggestions to try at home.

- Offer a variety of nutritious foods and model positive eating behaviors yourself!
- Avoid labeling your child a "picky eater" - this typically only reinforces the behavior.
- Practice patience. A calm, neutral, and pleasant attitude at mealtimes goes a long way.
- When introducing new foods, offer them with something familiar. If your child refuses, don't stress, try again another time. It can take many exposures before a child accepts a new food.
- Respect their likes and dislikes, but avoid becoming a short-order cook. Preparing separate meals only reinforces picky behaviors.
- Maintain a regular schedule of three meals and one or two snacks daily so your child arrives at meals hungry.
- Get them involved! The more ownership they feel, the more likely they are to eat and enjoy their food!



HAND/FOOTPRINT VEGETABLE & FRUIT GARDEN

Use prints of children's hands and feet to create their very own "Vegetable and Fruit Garden!" Some vegetables that could easily be created out of children's hand and footprints could be corn, broccoli, carrots, strawberries, eggplant, pineapple, and whatever else you can dream of. All you will need is washable paint, construction paper, markers, scissors, glue, and a sponge. Soaking the sponge and paint and then having the child dip their hands or feet onto it will make a cleaner print! Display each child's garden on a piece of posterboard.




Join us this summer for



Nature Navigators



Summer Camp

For Grins  Answer: A leek 