

Mark Your Calendars



- March 1st Peanut Butter Lovers Day
- March 7-11 National School Breakfast Week
- March 17th St. Patrick's Day
- March 26th Spinach Day

Banana Oatmeal Raisin Cookies

Ingredients:

- 3 ripe bananas
- 1/3 cup margarine
- 2 cups rolled oats
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract



Directions:

1. Wash your hands with soap and water, then preheat the oven to 350 degrees.
2. Melt the margarine in a small saucepan.
3. Mix all ingredients in a mixing bowl.
4. Let the batter stand for about 5 minutes, until the oats appear wet.
5. Spoon out about 1 tbsp of dough and place on a greased cookie sheet.
6. Bake for 15-20 minutes.
7. Allow cookies to cool on a wire rack and towel, and serve!

National Nutrition Month

National Nutrition Month is an annual campaign created to invite the public to make informed food choices and develop healthy eating habits.

Every day is a good day to learn about nutrition, but this month, put aside more time to learn what nutrition is all about!

Be a healthy role model with these effective tips:

- **Cook Together**– Help to prepare meals! It's a great way to spend time together with family and friends while learning new skills.
- **Go Grocery Shopping** – Going grocery shopping is a great way to value the importance of nutrition and variety. Try to choose healthy foods from all sections of the grocery store.
- **Physical Activity**– Include activity in your lives by setting time aside during the day to walk, run, or play.

For more information on National Nutrition Month visit:
<https://www.eatright.org/food/resources/national-nutrition-month>



Healthy Meals Grow Healthy Kids



Going Green on St. Patrick's Day

This St. Patrick's do your best to include greens in your diet. Did you know green fruits and vegetables can be beneficial to preventing certain diseases, maintain vision, and promote strong bones?

Here are some ways to go green this March

- Be sure to eat green cabbage with your corned beef on St. Patrick's Day!
- Include a large side salad and add in extra greens such as avocado, or snap peas.
- Craving something sweet after dinner? Add kiwis, grapes, and melon to a fruit salad.



For more information on Maschio's sustainability efforts please visit:
<https://Maschiofood.com/sustainability/>