



Spring into Wellness

Nutrition Tips

- Eat more spring fruits & veggies such as strawberries, asparagus, snap peas, and broccoli.
- Visit farmers' markets and grocery store produce sections with your child.
- Try fun recipes like fruit & veggie rainbow salads.
- Teach proper handwashing to stay healthy.



Physical Activity Tips

- Enjoy outdoor play with your child! Go for family walks, bike rides, or play tag.
- Try fun spring activities like jumping rope, hiking, or playing soccer.
- Limit screen time and encourage at least 60 minutes of physical activity each day.



Fun Days to Celebrate

- 3/2 – Read Across America Day
- 3/17 – St. Patrick's Day
- 3/20 – First Day of Spring