

Duval County

Chapter Chatter - March

National Nutrition Month

This March, we celebrated National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics to spread awareness about developing healthy eating habits.

In Schools

FFVP Nutrition Lessons – Our dietitians visited schools that take part in our Fresh Fruit and Vegetable Program on March 8 to teach the students about the produce they sampled that week.

Smoothie Station Sampling – Our team hosted a smoothie sampling event at First Coast High School on March 26 to get students excited about the new Smoothie Station pilot launching this spring.



At Home

NNM Menu Picks – This month, our elementary menus featured a blue ribbon next to highlighted entrees that our dietitians love, so we created [recipe cards](#) for students to be able to make these dishes at home!

Coloring Contest – We invited elementary students to participate in our coloring contest by drawing a well-balanced meal on our [MyPlate coloring sheet](#) or decorating the [Beyond the Table coloring sheet](#). Winners will be selected and announced the first week of April.

Special Menu Days

·March 4-8 – Nat'l School Breakfast Week

We celebrated with a special Eat Breakfast to Win promotion. Students who chose school breakfast were automatically entered to win prizes.

·March 6 – Lucky Lunch Day

Elementary students, choose school lunch on this day for a chance to win a prize!

·March 7 – National Cereal Day

Students started their day off right and joined us in the cafeteria to enjoy a bowl of their favorite cereal!

·March 14 – Pi Day

Savory or sweet, Pi Day can't be beat! Students joined us in the cafeteria as we celebrated with chicken pot pie, pizza pie and a blueberry peach pie cup.

