



# March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Read Across America Day Dr. Suess's Birthday 	2	3	4	5	6
7	8 March 8th-12th National School Breakfast Week	9	10	11	12	13
14 Daylight Savings Time Begins	15	16	17 St. Patrick's Day 	18	19	20 First Day of Spring 
21	22	23	24	25	26 Make Up Your Own Holiday Day	27
28 Palm Sunday	29	30 Passover	31		<b>All Month Long:</b> National Nutrition Month Women's History Month American Red Cross Month Music in our Schools Month Youth Art Month	

## Lift-Off!'s Tips for the Month:

- It's time for St. Patrick's Day, and the color green is going to be everywhere! So make sure it's also going to be on your lunch and dinner plates, and in your salad bowl. Spinach, kale, romaine lettuce, green peppers and more... there are so many green veggies to enjoy!
- March 26th is Make Up Your Own Holiday, so why not have your own celebration of nutrition and exercise? Enjoy an extra-healthy meal and make sure you get plenty of active time into your day!
- Don't get caught out in the cold! The days may be getting warmer where you live, but the nights may still be cold, so be sure to dress appropriately!
- March's Produce of the Month is BROCCOLI. Get your helping of green this month with broccoli.

