

MARCH'S Healthy Habit Challenge



Healthy Eating



With Your Family

little medical school®



March is National Nutrition Month!

Below are healthy snacks for your family to try – make them together! Take a picture of your children incorporating a Little Medical School Healthy Habit + tag us + you could be featured as our Fan of the Month!

BREAKFAST

- ★ toast a whole grain waffle + top with organic peanut butter + sliced fruit
- ★ layer low-fat vanilla yogurt with berries + granola
- ★ slice a banana in half vertically, spread almond butter on each half, top with granola, + dried berries
- ★ mix whole grain oatmeal with blueberries or apples
- ★ make a breakfast wrap with a wheat tortilla, scrambled eggs, turkey sausage, + cheese

LUNCH TIME

- ★ make a sandwich on whole grain bread with lean meats + low-fat cheese, cut into a fun shape with a cookie cutter
- ★ make a sweet + savory wrap with hummus + turkey + apple slices on a whole grain tortilla
- ★ make a salad with low-fat shredded cheese, cucumber, carrots, + ham
- ★ quesadilla with chicken, veggies, + cheese
- ★ make a healthy PB&J with organic peanut-butter, strawberries, + multi-grain bread
- ★ turkey + ham roll-up with cheese + mayonnaise

AFTER-SCHOOL

- ★ hummus with carrots, peppers, celery, or pita chips
- ★ small fruit salad with pineapple, apples, + grapes
- ★ trail mix with peanuts, almonds, dried berries, walnuts + raisins
- ★ tortilla chips with salsa or avocado
- ★ cheese and crackers – dairy is healthy in moderation!
- ★ make a smoothie with almond milk, spinach, bananas, + strawberries
- ★ avocado toast with whole grain bread
- ★ mix up their fruit intake – set out peaches, pears, + clementines

