



NEWSLETTER

March

National Nutrition Month



Healthy Snack Ideas

- Sliced cucumbers with cheese
- Low-fat yogurt with strawberries
- String cheese with baby carrots
- Celery sticks with peanut butter
- Apple Slices with Yogurt Dip



Photos

Head start children eating healthy meals.



Physical activity, proper nutrition, and portion control are crucial for a healthy development of children aged 0-5 years. This period is foundational for establishing habits that influence life-long health. Here's why each is so important:



Physical Activity

Interconnection

- **Promotes physical development:** regular movement aids in developing motor skills, muscle strength, and coordination.
- **Supports brain development:** physical activity enhances cognitive development and fosters brain connections critical for learning.

- **Balanced routine:** adequate physical activity complements proper nutrition by ensuring consumed calories are used effectively.
- **Long-term benefits:** establishing these habits early reduced the risk of chronic conditions like diabetes, heart disease, and obesity in adulthood.

Proper Nutrition

- **Supports growth:** nutritional needs are highest during early childhood, requiring adequate intake of proteins, vitamins, and minerals
- **Boost the Immune system:** a balanced diet strengthens immunity reducing illness risk.
- **Enhances brain function:** nutrients like omega-3 fatty acids, iron, and zinc are essential for brain development.

Portion Control

- **Prevents overeating:** early portion control, helps regulate hunger and fullness cues, preventing overeating and obesity.
- **Encourages healthy eating habits:** proper portioning, teaches moderation, and rescues food waste.
- **Respects developmental needs:** small frequent meals align with young children's limited stomach capacity and high energy demands.