

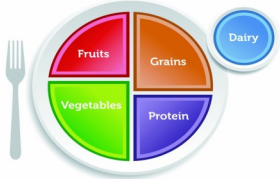






Wellness Days 2019-2020

Date	Theme	Focus	Goal
<p>September 27th</p>	<p>Whole Grains are the Best</p> 	<p>September is National Whole Grains Month.</p> <p>Start the school year off with whole grains for breakfast and lunch. Whole grains are an important source of fiber, vitamins and minerals. Dietary fiber from whole grains can help reduce the risk of heart disease.</p>	<p>Increase student and parent knowledge on the health benefits of whole grains as part of an overall healthy diet.</p> 
<p>November 22nd</p>	<p>Focus on MyPlate</p> 	<p>November is Focus on MyPlate Month.</p> <ul style="list-style-type: none"> Emphasizing the importance of having a balanced diet. Understanding the five food groups. 	<p>Increase student and parent knowledge on the importance of having a balanced diet.</p> <ul style="list-style-type: none"> Half your plate should be fruits and vegetables. Portion control. 
<p>February 28th</p>	<p>Heart Healthy Lifestyle</p> 	<p>February is Heart Healthy Month.</p> <ul style="list-style-type: none"> Emphasizing heart healthy foods: fruits, vegetables, low-fat milk, lean meats, and whole grains. Understanding the importance of exercise and a healthy heart. 	<p>Increase student and parent knowledge on the importance of having a healthy heart through diet and exercise.</p> 
<p>April 24th</p>	<p>Eat the Colors of the Rainbow</p> 	<p>April is National Garden Month.</p> <p>Fruits and vegetables can be enjoyed in many different ways. Fruits are nature's desert!</p>	<p>Increase student and parent knowledge on the health benefits of eating fruits and vegetables.</p> 