



March is National Nutrition Month ®

The National Nutrition Month ® 2013 theme, “Eat Right, Your Way, Every Day,” encourages personalized healthy eating styles and recognizes that food preferences, lifestyles, cultural and ethnic traditions and health concerns all impact individual food choices.

National Nutrition Month ® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year is the 40th anniversary of National Nutrition Month ®.

National School Breakfast Week is March 4th – March 8th

The School Nutrition Association theme for the 2013 School Breakfast Week is “Be a Star with School Breakfast”. Eating a nutritious school breakfast gives students the fuel they need to perform all day. School Breakfast week reminds students, parents, and the community about the benefits of a healthy school breakfast while getting students excited about the most important meal of the day.

“Who’s Your School Breakfast Star?” Writing Contest

This year, students will have the opportunity to play a starring role in your National School Breakfast Week celebration. SNA is encouraging students to answer the following questions;

“If you could enjoy school breakfast with anyone in the world, who would it be and why?”

“What healthy school breakfast food would you want to share with them and why?”

Three national winners will have their submissions published in the School Nutrition Magazine and receive special prize packs from SNA! To apply for the contest and for a program overview, click the following [link](#).

“Be a Star with School Breakfast” Menus

SNA has created menus that will help make your students shine bright for a day of learning! Each menu has been prepared with the School Breakfast Program and school foodservice operations in mind. So join the campaign and take advantage of this extra special way to make your students feel like stars. For more information, click the following [link](#).

Wellness & Nutrition Services encourages you to participate in National Nutrition Month & National School Breakfast Week!