Each month, we're bringing you information, resources and support direct to your inbox!

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The Happy Plate

As we enter the month of nutrition, let's teach our children how to properly nourish their bodies. Whether that be gaining confidence in the kitchen, making more informed food choices, mindfully eating and listening to their body's cues, or understanding how their emotions are reflected in eating habits, AFHK is here to help you get started!

March Spotlight: Celebrate National Nutrition Month

The Academy of Nutrition and Dietetics leads an annual campaign designed to teach people how to make informed food choices and create healthier eating and physical activity habits. This year's theme is Celebrating a World of Flavors. By enjoying a variety of foods from different cultures, individuals can celebrate diversity and embrace it in their diet. AFHK is here to help you better understand nutrition and make more informed choices!

For Families

Check out AFHK’s “What’s in Season” section for seasonal fruits and vegetables in your area and easy nutritious recipes! Action for Healthy Kids - Shopping with the Seasons

Participate in our “AFHK Little Chef” social media challenge!

Print and hang up this Fruit and Veggie Tracker in the kitchen and help your little ones fill it out for the week.

Visit AFHK Resource Library - Action for Healthy Kids for nutrition changes and activities, you can do at home.

For School and District Staff

Participate in this year’s Celebrate National School Breakfast Week - Action for Healthy Kids. This year’s theme is, “Take Off with School Breakfast”.

Expand your Nutrition Education with Action For Healthy Kids.

As educators it is important to lead by example. AFHK provides ways to improve staff nutrition education and enthusiasm towards promoting healthy habits: Nutrition Education & Activities for Staff - Action for Healthy Kids.

For Partners

Expand your Nutrition Education with Action For Healthy Kids.

AFHK provides ways to improve staff nutrition education and enthusiasm towards promoting healthy habits: Nutrition Education & Activities for Staff - Action for Healthy Kids.

Learn how you can feel your best through food Feelings of Food: Exploring the Mind Body Connection - Action for Healthy Kids.
Explore the mind-body connection with Mindful Eating - Action for Healthy Kids and Feelings of Food: Exploring the Mind Body Connection - Action for Healthy Kids. Encourage your little ones to slow down, taste, smell, and feel their food. Ask them to think deeper about “Where did this food come from?” and “How did it get to your plate?”

Become a better role model by understanding Feelings of Food: Exploring the Mind Body Connection - Action for Healthy Kids. Create a safe, welcoming environment where all types of bodies are valued with Developing and Supporting Positive Body Image - Action for Healthy Kids.

What's in Season?

Buying fruits and vegetables in season has many benefits including: better quality of nutrients and flavor, inexpensive, and environmentally friendly. For more information on the benefits of buying in season and a comprehensive list see here: Action for Healthy Kids - Shopping with the Seasons.

Little Chefs of AFHK Challenge: AFHK is launching a new social media challenge this month. Join us in creating recipes with your little ones using what’s in season in your state! This experiential learning opportunity will help your children to learn valuable life skills, kitchen safety, and gain a better understanding of nutrition. All you have to do is tag AFHK in your post and add the hashtag #AFHKLittleChefs. Your post must include a picture or video of your child cooking and presenting their creation with the recipe in your caption! Winners will be announced on Tasty Tuesday of Every Kid Healthy Week on April 26th, 2022! Let’s get cooking!

This month celebrate...

National School Breakfast Week (March 7-11 2022): Celebrate National School Breakfast Week by raising awareness about your School Breakfast Programs. This year's theme is “Take Off with School Breakfast”. For examples of celebration ideas, visit Celebrate National School Breakfast Week - Action for Healthy Kids.

Youth Art Month (March 2022): AFHK is launching our Connecting the Dots campaign, a programmatic content campaign aimed at drawing the connection between social-emotional health and youth risk behavior prevention and expressive arts. Connecting the Dots integrates common themes of the impact of art (inclusive of visual art, dramatic arts, music, dance, and the spoken word) on health and well-being while emphasizing experiential learning.

Key themes include:

- The role of art in supporting child development, improving social determinants of health, fostering health-promoting behaviors, and addressing social inequities and inequalities
- Finding connection in diversity and understanding the relationship between the individual and collective (rooted in relational cultural theory)
Strengthening the mind-body connection through the integration of social-emotional health, movement and nutrition

**Connect with Random Acts of Kindness:**

Random acts of kindness are said to increase feelings of connection, purpose, and sense of belonging. This month AFHK challenges you to the following Random Acts of Kindness:

- Organize a Neighborhood Food Drive - Action for Healthy Kids
- Create a Garden: Creative Gardens: Thinking Outside the Garden Box - Action for Healthy Kids

**Upcoming Events**

**Every Kid Healthy Week (April 25-29, 2022)**

Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year, each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive!

Anyone (students, parents/caregivers/families, educators, school administrators, community members, businesses) can take action during Every Kid Healthy Week by following the Every Kid Healthy Week daily themes or building your own activities based on your needs or schedule. [Get daily activity ideas here.](#)

**2022 National Conference on Child Health and Well-Being: Real Talk. Real Solutions**

November 2–4, 2022 | Chicago, Illinois

Action for Healthy Kids (AFHK) is thrilled to announce the **2022 National Conference on Child Health and Well-Being: Real Talk. Real Solutions**! By participating in this conference, invested individuals will learn how to implement sustainable solutions for children’s health. The intended audience of this convening includes district leaders and staff, educators and school staff, and parents/caregivers, community members, state leaders. [Register today.](#)

AFHK invites individuals and groups to submit proposals for breakout sessions. We seek a diverse group of presenters including education leaders and staff, subject-matter experts, parents/caregivers, youth, and community stakeholders. We welcome the unique perspectives developed and knowledge obtained from representatives of marginalized and/or underserved communities. Learn more about proposal guidelines. Click to view proposal questions and session strands. When ready, submit your proposal via [this link](#). Proposals must be received by 11:59PM EST on March 31, 2022.

**Webinar**

Webinar: Nutrition Education in Action: Best Practices in the Classroom and Beyond (Thursday, March 31st, 2022)
3:00 pm (Central)

So many opportunities exist to teach kids about good nutrition in and outside of the classroom. Join AFHK and our partner, CATCH Global Foundation, to learn about best practices in nutrition education and promotion, as well as identify tangible ways to translate these strategies into action in your school community.

4:00 PM (ET), 3:00 PM (CT), 2:00 PM (MT), 1:00 PM (PT).

Stay Connected
Let us know what you'd like to see more of! Reach out to us at contactus@actionforhealthykids.org.

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