



Want to know the history behind St. Patrick's Day and the Blarney Stone? Do Leprechauns exist? Why is the Shamrock a symbol of Ireland?

For answers and more info, go to <http://www.geocities.com/Heartland/Fields/8616/stpat/sphistory.html>

March is National Nutrition Month

For FREE Food Guide Pyramids and fun downloads for children ages 6-11, please visit <http://www.mypyramid.gov/kids/index.html>. You'll even have access to play a fun interactive game!

Offer plenty of fresh fruits and vegetables and whole grain products to keep the fiber up and the fat content down. Try one of the following:

**#1964840 Oranges 125 ct (DOD) #6518013 Carrot Sticks 4/5# #4630802 Pear Anjou 90 ct (DOD) #1511781 Gold Apple 138 ct (DOD) #4341079 Apple Gala 138 ct (DOD) #1166156 Petite Banana 150 ct #7993504 Apple Red Del. 40# (DOD) #6896559 Seedless Green Grapes #6524110 Celery Stick 4/5#
#1392026 Red Seedless Lunch Bunch Grapes**

SYSCO has a large variety of produce. For more info on these products and additional DOD produce, please contact Jim Anderson at 800-669-6967.

[Can You Balance Eggs on End During the Spring Equinox ?](#)

It can be done, but the trick takes lots of patience, eggs of just the right shape, a pinch of salt if all else fails. To read more, go to http://urbanlegends.about.com/od/errata/a/equinox_eggs.html

Share this info with your Health and Wellness Committee

FREE! ACE Youth Fitness Curriculum The ACE Youth Fitness Curriculum (a \$99.95 value) is now available at no cost to educators as a public service of the American Council on Exercise. The ACE Curriculum was designed for educators looking to integrate health and fitness into classroom learning. This seven-lesson module was developed to teach the 3rd, 4th and 5th graders the extreme dangers of being overweight and the importance of a healthy and active lifestyle. The program is available in an easy to download PDF format.

<http://www.acefitness.org/ofk/default.aspx>



Show them You Care!

***Administrative Professionals Week
April 22-28, 2007***

***Child Nutrition Employee
Appreciation Week
May 7-11, 2007***

Visit the School Nutrition Association's website at www.schoolnutrition.org for more details on the CN Employee Appreciation Week. Additional ideas may be purchased from the Emporium on the SNA site.

Eat Smart Play Hard Power Panther...Start planning for next school year's campaign to keep kids healthy!

Eat Smart and Play Hard is a national nutrition education and promotion campaign based on the Dietary Guidelines for Americans and the Food Guide Pyramid. It was developed to keep kids and their caregivers informed on the benefits of healthy eating and physical activity. Power Panther is the mascot for the program and support materials are also included.

This is a very popular program so start planning now for the 2007-2008 school year. Support materials will be available in Sept 2007.

For more info got to <http://www.fns.usda.gov/eatsmartplayhard/About/overview.html>