

March 2021



Parent Healthy News

From the RSU 18 Lifestyle Team

Maine Maple Sunday Weekend, March 27-28



From the time the first crow flies, usually in late February, to sometime in mid-April, the sparkling clear “sweetwater” flows. In a good year, one large tree may pour out as much as 60 gallons of sap without suffering any injury. It seems like a lot, until you realize that the sap will be boiled to be reduced to about one and a half gallons of Maple Syrup.

For more information on Maine Maple Sunday Weekend use this link.

<https://mainemapleproducers.com/maine-maple-sunday#!directory/map>

Contact our local Maple Producers in our school district for dates and times.



1427 Pond Road, Sidney ME 04330
(207) 547-5053

Wolf Creek Maple

3252 Middle Rd, Sidney ME 04330
207-530-2807

Raider's Sugarhouse

148 Bog Brook Rd, China ME
207-968-2005

Atwood Primary School Teacher Tammy Pullen taps Maple Trees on school grounds with her students.



March is National Nutrition Month



Celebrate National Nutrition Month by preparing a meal with your children. Cooking is one of the best choices for you to do, as it's both fun and educational.

- Cooking is a life skill that teaches children about the importance of nutrition and food safety, as well as building math, science and literacy skills.
- Cooking with your children gives you a great opportunity to teach them measurements, conversions and cooking skills.
- Include your children when planning the weekly family menu so they feel like they have a say in what they're eating.
- The more your children are involved in planning and cooking meals, the more likely they are to eat them.
- Make a grocery list of the items needed for your family menu.
- Research available items on the grocery store website.
- Look for savings in the weekly flyer.
- Shop for groceries together, if possible. Follow all safety COVID guidelines when shopping.
- Hold family taste tests. Buy different brands of a healthy food and let family members decide which one they like best
- Read food labels and talk about the choices you're making.
- **Most of all, Have Fun!**

<https://www.actionforhealthykids.org/nutrition-toolkit/>



National Agriculture Day - March 23



Our 2021 Read ME Agriculture Program has a new look! Due to challenges of the pandemic, this year The Read Me Agriculture program will be offered through 20 interactive, virtual readings by Zoom during the week of March 22 – 26. Teachers in grades Pre-K -5 have registered to welcome local farmers/agricultural volunteers to visit their classrooms through Zoom. Some of the agriculture books they will be reading are;

Book: *The Tree Farmer* by Chuck Leavell and Nicholas Cravotta

Book: *Applesauce Day* by Lisa Amstutz

Book: *Harvesting Friends / Cosechando Amigos* by Kathleen Contreras

Book: *First Peas to the Table* by Susan Grigsby

Book: *Winter Barn* by Dorothy Ripley

Book: *Farming on the Sea* by Kellie Peters

Book: *Pumpkin Soup* by Helen Cooper

To see the full list go to

https://docs.google.com/document/d/1R6sGsdY7qrIRCMw_2Z_QB4LchORVDoCSBj7rg1q8tF0/edit#

March 15 is National Napping Day!



It's a perfect day to help you recuperate from "spring forward". All it takes is a 20 to 30 minute nap to feel energized.

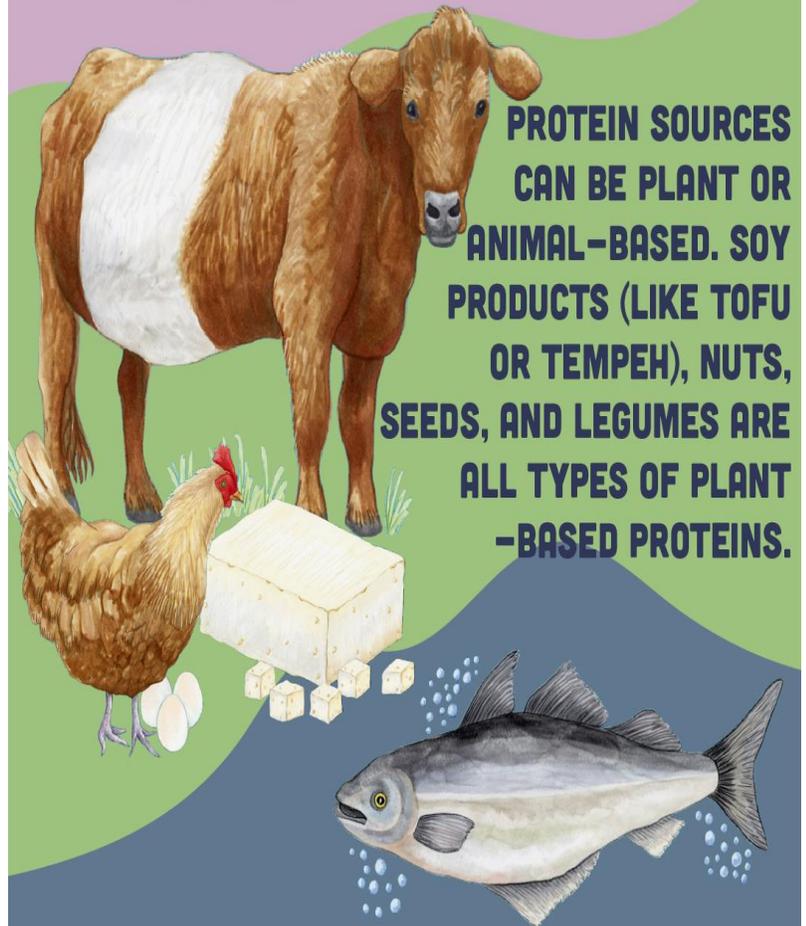
The health benefits of napping include;

- Increased awareness
- Increased brain performance
- Decrease in stress.
- Keeps your heart healthy. ‘

For more information, go to this link;

<https://nationaltoday.com/national-napping-day/>

HARVEST OF THE MONTH MARCH PROTEIN



PROTEIN SOURCES CAN BE PLANT OR ANIMAL-BASED. SOY PRODUCTS (LIKE TOFU OR TEMPEH), NUTS, SEEDS, AND LEGUMES ARE ALL TYPES OF PLANT-BASED PROTEINS.



Take advantage of the last little bit of winter

While we've been enjoying glimpses of spring, March could mean more snow in Maine. This is the last chance to get in some skiing, sledding, and snowman building. Take a little time to enjoy the fun things winter has to offer.

