

Eat 3 vegetables and 2 fruits every day!



March is an excellent time to celebrate National Nutrition Month. Focus on developing **healthy eating patterns** by eating a nutritious breakfast every day to help improve focus throughout the day. Remember to incorporate at least **three vegetables** and **two fruits** in your meals daily – a colorful plate is a healthy plate!

Harvest of the Month: Root Vegetables



Benefits:

- **Root vegetables** provide vitamin A which supports bone health
- Many **root vegetables** store nutrients in their leafy tops

Buying Tips:

1. Choose **root vegetables** that are hard to the touch and free of cracks and soft spots
2. If the **roots** are still attached, they should be sturdy and crisp

Harvest of the Month Recipe: Roasted Root Vegetables

Ingredients:

- 1 beet, peeled
- 3 carrots, peeled
- 1 sweet potato, peeled
- ½ tablespoon fresh thyme, chopped
- ½ tablespoon parsley, chopped
- ¾ tablespoon vegetable oil

Instructions:

1. Preheat oven to 450°F
2. Cut beet, carrots and sweet potato
3. In a bowl, toss vegetables with vegetable oil, thyme, parsley
4. Spread root vegetables onto baking sheet
5. Bake for 20 – 25 minutes
6. Enjoy!

Share your root vegetables on social media!



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