

QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER



March 2022

Daylight Saving Time

This month we'll "Spring Forward" on Sunday, March 13th.

We all know Daylight Saving Time (DST) as the day we lose an hour of sleep, but did you know these other fun facts?



1. DST was originally suggested by an entomologist in New Zealand who wanted more time to hunt bugs.
2. DST wasn't a national standard in the U.S. until 1966 when it became a federal law.
3. Research shows that students who take the SAT closer to DST tend to score lower.
4. Arizona and Hawaii don't participate in DST.
5. DST was originally planned not to benefit farmers but as an energy saving tactic.

Source:

<https://www.usatoday.com/picture-gallery/life/2020/03/06/17-fascinating-facts-about-daylight-saving-time/111389460/>

Eat Your Colors

The USDA recommends eating a full rainbow of colors in fruits and vegetables each day.

Did you know it's often a fruit or vegetable's primary nutrients that give it its color? This month, we put together a rainbow of colors from fruits and vegetables currently in season:



Red: Radishes

Orange: Mandarin oranges

Yellow: Pineapple

Green: Broccoli

Blue/Indigo/Purple: Rutabaga & turnips

Sources:

<https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2011/the-healthy-colors-of-your-diet/>

<https://askthefoodgeek.com/in-season/march/>



Mark the Calendar

We took a look at the March national holidays calendar and pulled together some of our favorite opportunities for family fun this month:

March 12: Plant a Flower Day

Find your local growing zone here: <https://planthardiness.ars.usda.gov>

March 14: Pi Day

Here's a list of fun activities by grade level: <https://www.nctm.org/piday/>

March 25: International Waffle Day

See what waffles look like around the world: <https://www.insider.com/what-waffles-look-like-around-the-world-2018-8#pizzelles-are-an-italian-treat-5>

March 30: Take a Walk in the Park Day

Take a trip to your local park, or try an online tour of a National Park here: <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>



Hello spring!

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com