



## *March Newsletter*

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### ***National Nutrition Month***

March is National Nutrition Month, which recognizes the importance of promoting healthy foods and healthy eating. Our eating habits start at a young age, so teaching children how to eat healthy is very important. Here are a few ways to build a healthy eating style.

- All food & beverage choices matter - focus on variety, amount and nutrition.
- Choose an eating style low in saturated fat, sodium and added sugars.
- Support healthy eating for everyone.



### ***Thank you!***

Thank you to all of our donors and sponsors that joined us at Soho House for our Annual Whiskey Tasting! There was a great turn out, and we had a great time. We can't wait to see all of our guests again next year!

To see pictures from the night, [click here.](#)



### ***Happy St. Patrick's Day!***

Every year on March 17th, the Irish and the Irish-at-heart observe St. Patrick' Day. This day has become an international festival celebrating the Irish culture with parades, dancing, special foods and a lot of green!

There are plenty arts & crafts ideas



for this St. Paddy's Day for your child to learn about this day! [Click Here](#) for some great worksheets and crafty ideas.

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## *Spring Break 2017*

Spring break is around the corner! Are you staying home this year? Are your kids off of school for a week? Well don't worry! There are some great ideas to keep the kids busy and happy. There are plenty of activities to do locally!

- Bowling.
- A Day at the Park.
- Going to the movies.



Though these may not be as exciting as going to the beach, you can still get some quality family time in! [Click here](#) for some more great spring break ideas!

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See what's happening on our social sites:

