

March 2025

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Meal Prep

Meal Prepping is planning ahead and getting ingredients for meals or sometimes the whole meal itself prepared, that way it does not take as long in the moment to cook. While this can be hard for some people because it is planning, it can be very beneficial to what your family eats for meals. By planning your week of meals ahead of time you can save money by not wasting as much food. You also will save time each night because everything is prepared and ready to go! Take a couple of hours every Wednesday this month and plan out what meals you want to have this week, make a grocery run, and prepare the ingredients. This can include cleaning and cutting up fruits and vegetables, cooking the protein for your meals, or putting all of it together that way you just must put it in the oven when you want to cook it. Whatever kind of meal prep is beneficial to you, take the time to get it done every Wednesday this month!

Just Dance

Getting activity in each day does not have to be boring. Take time every Tuesday this month to just dance! This can be accomplished by just playing your favorite songs and dancing around the living room. You could also go on YouTube and search "just dance" videos and follow along to the dancers on the screen! This is an easy and fun way to get your body moving! Try and set aside 30-60 minutes every Tuesday to Just Dance!

Silly Snack

Snacks are always more enjoyable when they are fun! Every Saturday in the month of March, take some time to make some fun snacks! These can be made with the help of the kiddos even! On the calendar you can see that every Saturday this month there is a new idea. Some of these are simple and self-explanatory, while others are more specific. Below are recipes or ideas of inspiration for each of the days! Personalize any of these recipes to make them your own! Try making these snack ideas or come up with your own silly snacks!

Apple Sandwiches: [Crunchy Apple Sandwiches - Doctor Yum Recipes](#)

Rainbow: [Rainbow Acai Yogurt Bowl - Living Well Mom](#)

Shapes: [Teaching Kids Shapes: Snack Shapers - How Wee Learn](#)

Kabobs: [Rainbow Fruit Kabobs {and dip recipe} - Spend With Pennies](#)

Worms n Dirt: [Healthy Dirt Cups \(sugar free!\)](#)

SPRING!

Are you ready for spring? In honor of the first day of spring happening this month, we are challenging you to have one day a week where you do some form of “spring” activity! On the calendar you see that every Thursday of the week there is a new kind of jumping workout. The challenge is to do this activity for 10-15 minutes total throughout the day. This can be all at one time or split up throughout the day. Enjoy the spring even more by completing these exercises outside! The activities listed consist of:

Tuck Jumps	Jump Rope
Hopscotch	One-Foot Jumps

Seek!

This month we are going to take a twist on the classic game Hide and Seek. Instead of everyone going to hide and someone else finding them, we are all going to work together to find an object. Start by picking an object that you would like to use for this month of seek. This can be just about anything. Then every Sunday this month, spend some time hiding the object and having the kiddos find it! The weather in March can be all over the place so this activity can happen either indoors or outside! If it is indoors, hide the object around the house in tricky places and let them search to find it. If it is outdoors there are a lot more opportunities to play the game. You could hide it in the yard, in a neighborhood friends' yard and take a walk to find it, or even at a park! This game can last as long or as short as you have time for and will get your activity in for the day! Now get up and seek!

Mission: Possible

A fun activity to do each Friday of this month is Mission: Possible. You start by creating an obstacle course to complete. This can be done inside with pillows, blankets, things to jump over or crawl under, etc. It can also be done outside with activities like hopscotch, jump ropes, toys, etc. Get creative! You can increase the intensity of the game by making it a mission. You could have an object or toy that you are trying to pass the obstacle to reach. This is optional but could add some more motivation to complete the mission! Make this game your own and have fun!

Try It Green!

Every Monday this month there is a challenge to try a new green healthy food. This can be with any meal of the day. It is important to try new food while also trying it in new ways! Take this time every Monday to work on expanding your food palette with new green foods! There are many different options to choose from! Here is a list of some options you could try!

Broccoli	Asparagus	Brussel Sprouts
Green Beans	Cucumber	Zucchini
Green Peppers	Celery	Snap Peas
Spinach	Avocado	

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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