

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

MARCH

March Madness is here! This month get "mad" about reading the ingredient lists! Do you know how to read a food label? How can you find hidden sugar and fats? Is there too much sodium in the products you are buying? Use the resources below to find healthier foods to serve to your family.

- Surprisingly, "reduced-fat" and "low fat" items sometimes have more calories, so be on the lookout by reading ingredient lists and labels. Check out some suggestions on [limiting sugar](#) and understanding what's really in [fat-free](#) items.
- Sugar comes in many forms. Check out the [ingredient list](#) of a granola bar, as well as a list of "lesser known" sugars, on this fact sheet. ([Spanish](#))
- Looking for a fun family activity? Do this informative nutrition label "[Scavenger Hunt](#)" in your kitchen! ([Spanish](#))
- Just about everyone consumes too much salt or sodium. While it may be tasty, it can cause some serious health problems. [Explore some tips](#) to reduce the amount of salt in foods you eat.
- What types of oils are best for our bodies? Reduce the amount of fat you consume by cooking with [healthier oils](#). ([Spanish](#))
- Get active! Think about your physical activity in the form of walking, and how many minutes it may take to [burn off the calories from drinking your favorite beverages?](#) You might be surprised at how long you would have to walk! ([Spanish](#))
- Spring is a great time to be thinking about food gardens! Check out what fresh produce is available in your area using [this website](#) (and check back regularly to see changes in availability).
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) ([Spanish](#))
- Help reinforce healthy eating with fun [activity sheets](#) and [coloring sheets](#) for your family
- Think about what goes on your plate! Use [MyPlate](#) to create a well-balanced, nutritious meal each day. For Spanish information about MyPlate, please [click here!](#)

