

NEWSLETTER

NATIONAL NUTRITION MONTH



National Nutrition Month is celebrated every March and is sponsored by the Academy of Nutrition and Dietetics in the United States. National Nutrition Month focuses on helping people to make correct food choices as well as developing good eating and exercising habits.

Ways to celebrate this month:

- Visit Nutrition Websites - They have activity hand-outs and nutrition tip sheets for children and adults.
- Eat More Fresh Foods
- Avoid Fast Food
- Plant a Garden
- Choose Whole Grains

Fun Food Facts:

- Banana plants are members of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are the seeds of the fruit of the coffee plant.
- One can of soda contains around 10 teaspoons of sugar.
- A hardboiled egg will spin but a soft-boiled one won't.
- A medium-sized potato is a similar size to a computer mouse.
- Only wash grapes just before you eat them as they keep better unwashed

National Reading Month

National Reading Month is here to act as a reminder about the benefits of reading, from the youngest readers to older adults as well. Facilitating a love for reading certainly makes a difference – and this event is here to show support for the joyful and enlightening practice of reading!

When children are small, they often love to be read to from story books. While some parents might tire of the process of reading favorite stories over and over again, it is important to remember that this is an investment in the future of a child's reading skills.

Consider some of these ideas to encourage that love of books and reading in younger children:

- Choose books that the kids are interested in so they are more likely to listen and enjoy reading time.
- Make reading fun by cuddling, using special voices, or even turning the stories into a little theater production.
- Get creative with reading. Some kids might be more apt to enjoy reading graphic novels or even cookbooks.
- Be a reading role model. Instead of just reading books to the kids, parents can be sure to model reading to them by having their own books around that they enjoy reading.



POISON PREVENTION AWARENESS MONTH

POISON PREVENTION AWARENESS MONTH REMINDS US OF THE HIDDEN DANGERS LURKING IN EVERYDAY LIFE. IT AIMS TO MAKE FAMILIES MORE AWARE OF HAZARDS FOUND IN EVERYDAY PRODUCTS SUCH AS CLEANING SUPPLIES, MEDICATIONS, AND EVEN PLANTS.



- Create a Home Safety Checklist
- Label Those Bottles
- Place Harmful Items Out of Reach
- Donate to Your Local Poison Center
- Teach Kids About Safety

NATIONAL SINGLE PARENTS DAY MARCH 21ST 2026

National Single Parent Day has been observed on this date every year since 1984 to recognize all those women and men who are raising children without partners.

Did you know?

The U.S. has the world's highest rate of children living in single-parent households.

Historically, about 85 percent of children in America were raised in two-parent households. That percentage began declining in the 1960s. Today, just over 70 percent of children are raised by both parents.

Of America's nearly 73 million children under 18 years old, a little more than 3.2 million are being raised by fathers alone, and more than 15.3 million are being raised by mothers alone.



Upcoming Events

Father Kelly Band

SAVE THE DATE!



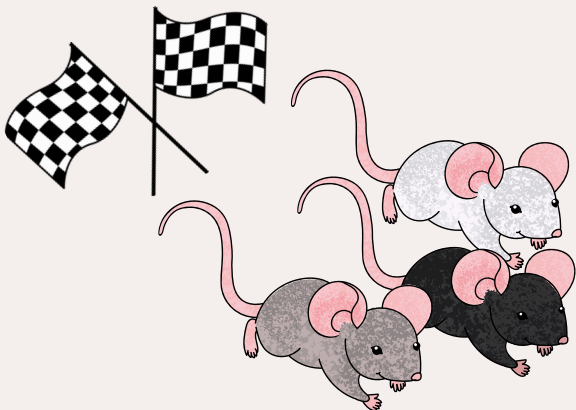
June 26th 2026

KC Hall - 318 Spanish St. - Cape Girardeau

Mouse Race

July 31st

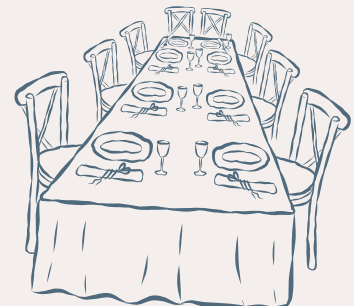
KC Hall
318 Spanish St.
Cape Girardeau



Annual Banquet for Life

October 13th, 2026

KC Hall
3305 N. High St. Jackson





Board Member Spotlight

Pastor
Bob Lewis

Pastor Bob has been volunteering at Options for Women for a couple of months now. He first heard about our ministry through word of mouth. His church has been involved with baby bottle campaigns and is also a monthly partner with Options for Women.

Pastor Bob feels privileged to have had the opportunity to lead the benediction, in October, at the Annual Banquet for Life. He is currently serving, Options for Women, as a board member.

He will tell you that he is blessed to be a part of the ministry and has always had a strong desire to protect the most innocent among us. He often tells his church it is a hill he is willing to plant a flag and die on!



MyLegacyWill.com/optionsforwomencape

Seven Weeks Coffee



We will always donate 10% of every sale to to pro-life organizations.

\$1.5 million donated + counting.

Estimated **15,000** babies saved (through services like free ultrasounds) + counting.

WE WON'T STOP!

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