

# MARCH

## NATIONAL NUTRITION MONTH



| Sun   | Mon   | Tue   | Wed   | Thu  | Fri   | Sat  |
|---|---|---|---|--|---|--|
|   |   |   |   | <p>1 National Peanut Butter Lover's Day. Enjoy some PB with a fruit or vegetable.</p> <p><u>Event:</u><br/>Create a healthy meal with our mix-and-match food game.</p> | <p>2 Try a new purple fruit or vegetable. Eggplant, plum, blueberries, or blackberries.</p>   | <p>3 National Soup It Forward Day. Try a healthy Minestrone or lentil soup today!</p>                        |
| <p>4 Try a new recipe with beans. Pinto, Fava, Black, Adzuki, Mung, or Garbanzo.</p>                | <p>5 Cut down on salt by using spices and herbs for flavor.</p>                       | <p>6 Try using a new healthy oil. Grape-seed oil, coconut oil, avocado oil, or sesame oil.</p>                    | <p>7 Try a new herb in your cooking. Sage, thyme, tarragon, and lemongrass.</p>                     | <p>8 Try a new red fruit or vegetable. Raspberries, pomegranate, red pepper, dragonfruit or radishes</p>   | <p>9 National Day of Unplugging<br/>Try to go at least half of the day without electronics.</p>   | <p>10 Try a new physical activity. Take a class, search a video on the internet, work out with a friend.</p> |
| <p>11 National Pack Your Lunch Day<br/>Start off the week right with a healthy lunch from home.</p> | <p>12 Meatless Monday. Get your protein from tofu, seitan, nuts, seeds, or beans.</p> | <p>13 Try a new whole grain. Quinoa, millet, teff, or bulgar.</p>   | <p>14 National Pie Day<br/>Try a slice of whole wheat veggie pizza.</p>                             | <p>15 Try a new green fruit or vegetable. Swiss chard, kale, or arugula.</p>   | <p>16 Make a healthy smoothie mocktail to celebrate Friday.<br/><u>Event:</u><br/>Enjoy a presentation on a variety of whole grains</p> | <p>17 Create a new healthy breakfast. Oat bran pancakes or a veggie fritatta.</p>                            |
| <p>18 Spice up your life. Try a new spice. Turmeric, cumin, or coriander.</p>                       | <p>19 National Laugh Day. Relieve your stress today with a good laugh.</p>            | <p>20 Eat cruciferous vegetables. Try kohlrabi, cabbage, brussel sprouts, or bok choy.</p>                        | <p>21 Celebrate Spring! Take a walk outside today.</p>  | <p>22 Try a new white vegetable. Turnip, dikon, or cauliflower.</p>  | <p>23 National Chia Day. Try Chia seeds in a new recipe like chia pudding or to replace an egg in baking.</p>                           | <p>24 Do something active with your family. Go for a hike or play a game in the yard.</p>                    |
| <p>25 Self-care Sunday. De-stress by meditating for 10 minutes.</p>                                 | <p>26 National Spinach Day. Try a new recipe using spinach to celebrate the day.</p>  | <p>27 National Diabetes Awareness Day. Look at the amount of sugar on some of your favorite snacks or drinks.</p> | <p>28 Eat mindfully. Focus your attention on eating. Sit with your family with no distractions.</p> | <p>29 Try a new orange vegetable. Orange peppers, pumpkin, or kabocha.</p>   | <p>30 National Take a Walk in the Park Day. Find a new park to take a walk in.</p>  | <p>31 Recreate your favorite dessert using healthy modifications.</p>  |