



GO FURTHER *with* FOOD

NATIONAL NUTRITION MONTH® 2018



Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This annual event reinforces the importance of developing sound eating and physical activity habits.

Go Further with Food, the theme for 2018, encourages us to achieve the numerous benefits healthy eating habits offer, while also urging us to find ways to cut back on food waste.

Nutrition Events

Come celebrate healthy eating!

- **Ask a Registered Dietitian about nutrition!** Food samples will be available while supplies last. In the NHRMC cafeteria from 11 a.m.-1 p.m. on Tuesdays from March 6 to March 27.
- **Check your email for nutrition tips** once per week in March.
- **Participate for a chance to win prizes!**
 - Submit a healthy recipe by email to Charlene.chan@nhrmc.org or Kari.grunow@nhrmc.org to be entered in a raffle. One submission per person.
 - Purchase meals from the Healthy Zone in the NHRMC Cafeteria for the whole month of March to enter in a raffle. May be entered multiple times. Check your email for raffle form to submit at the Healthy Zone.

(Prizes include gift card to NHRMC Cafeteria. Deadline is March 31. Winner will be announced in April.)