



NATIONAL NUTRITION MONTH MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Kick-off your <u>Campaign!</u> Recommend re-taking the Diet ID assessment to start the month!	2 Share or post <u>Fuel for the Future</u>	3 TGIF. Send out or post <u>Smart Tips for Reading Menus.</u>	4
5	6 Send out or post <u>Smart Tips for Successful Meals.</u>	7 Organize a healthy food donation campaign to local food pantry.	8 Share or post <u>Healthy Eating on the Run.</u>	9 Share or post <u>Eat Right with Less Added Sugar</u>	10 Organize a healthy recipe contest and raffle by encouraging them take a picture of their healthy weekend recipe and submit on Monday!	11
12	13 Share or post <u>Eating Right for a Healthy Weight.</u>	14 Share or post <u>20 Ways to Enjoy More Fruit & Veggies.</u>	15 Share or post <u>Smart Tips to Power Up with Breakfast.</u>	16 Share or post <u>How Can I Make My Lifestyle Healthier?</u>	17 Organize a weekend challenge of prioritizing homecooked social gatherings with family and family.	18
19	20 Share or post <u>Nature's Secret to Weight Control.</u>	21 Share or post <u>Eat Right to Reduce Food Waste</u>	22 Share or post <u>Eating Right on a Budget</u>	23 Share or post <u>20 Health Tips for 2023</u>	24 Share or post <u>Healthy Eating Crossword</u> and/or <u>Healthy Eating Sudoku</u>	25
26	27 Share or post <u>Make Physical Activity a Part of Your Day.</u>	28 Share or post <u>Tips for Plant Based Eating</u>	29 Share or post <u>Smart Snacking for Adults and Teens</u>	30 Share or post <u>Eat Right with Less Salt.</u>	31 Share or post <u>National Nutrition Month Quiz.</u> Consider Prizes!	