

Celebrate National Nutrition Month with us! Visit our website at arkansasfoodbank.org/agency-resources/nutrition-education/ and our Facebook page: facebook.org/arkansasfoodbank throughout the month to join us in the *Fight Against Hunger!*



March 2019

National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn more about these nutrition tips on our blog posts: arkansasfoodbank.org/blog		Watch us on Facebook Live every Tuesday at 12 in March: facebook.org/arkansasfoodbank		1 Nutrition is Share on SM what nutrition means to you with the hashtag #AFNutritionMatters		2 United to Fight Hunger We partnered with Ambetter Health & Wellness to Help Arkansas Live Better
3 Kitchen Time Savers Take the stress and hassle out of cooking by saving time in the kitchen.	4 Cook at Home Dining on fast-food meals is associated with consuming more calories, fat, saturated fat, and sugary soft drinks.	5 LUNCH & LEARN Tune in to our cooking with young kids	6 Reduce Waste Take inventory of your fridge and pantry and make a list before heading to the store.	7 Food Safety An essential part of keeping your family healthy	8 \$1 = 5 meals Donate \$1 for every meal you consumed arkansasfoodbank.org	9 My Plate Use this online tool to find your balanced diet and build healthy eating habits at: choosemyplate.gov
10 Fruits & Vegetables Make ½ your plate fruits & veggies. They're low in calories, high in fiber, & help prevent chronic disease.	11 Vary your protein Protein is essential in body function, & low fat options reduce saturated fats & cholesterol	12 LUNCH & LEARN Tune in to our SNAP Challenge	13 Registered Dietitian Nutritionist Day	14 Choose whole grains Eating whole grains every day helps with weight management & prevents chronic disease	15 Choose Low Fat Dairy This choice helps control your intake of saturated fats and cholesterol.	16 Volunteer Last year, more than 11,000 volunteers donated more than 33,000 hours of time to the Foodbank
17 Mindful Eating Listen to internal hunger cues when determining when to eat	18 Donate \$1 for every serving of fruit/veggie you ate this week arkansasfoodbank.org	19 LUNCH & LEARN Tune in to our cooking on a busy schedule	20 Portion Control Use a smaller plate at meals to help with portion control	21 Read Food Labels Food labels tell you the nutritional content of a food item.	22 Nutrition Education at Pantries Make healthy choices from the items commonly distributed at pantries	23 Choose Water Did you know you need 8-10 glasses of water a day to keep properly hydrated?
24 Eat a healthy meal at home and donate the cost of a meal out. arkansasfoodbank.org	25 Check out Partnership at Helping Hands FROM	26 LUNCH & LEARN Tune in to our meals from food pantry items	27 In Store Tour We'll be at the WalMart on Shackleford	28 Plant a Garden Growing food in a garden provides more access to fresh fruit and vegetables.	29 Community Food Experience a poverty simulation hosted by the Foodbank	30 Host a Virtual Food Drive Virtual drives allow us to purchase food at a lower cost—thereby making your dollars work harder. Visit arkansasfoodbank.org .
31 Try a New Food Did you know a normal taste bud cycle is a mere two weeks?	<p style="text-align: center;"><i>programs and opportunities made possible by:</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>FROM</p> </div> </div>					