

Celebrate National Nutrition Month with us! Visit our website at [arkansasfoodbank.org/agency-resources/nutrition-education/](http://arkansasfoodbank.org/agency-resources/nutrition-education/) and our Facebook page: [facebook.org/arkansasfoodbank](https://facebook.org/arkansasfoodbank) throughout the month to join us as we *Face Hunger Together!*



# March 2020

National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Nutrition is</b> Share on SM what nutrition means to you with the hashtag #AFNutritionMatters	<b>2</b>	<b>3</b> <b>Healthy Pantry Initiative Announcement</b>	<b>4</b>	<b>5</b> Tune in to our <b>LUNCH &amp; LEARN</b>	<b>6</b>	<b>7</b>
<b>8 Choose Water</b> Did you know you need 8-10 glasses of water a day to keep properly hydrated?	<b>9</b>	<b>10</b> <b>Nutrition Ambassador Needed</b>	<b>11</b> <b>Registered Dietitian Nutritionist Day</b> at the Capitol	<b>12</b> Tune in to our <b>LUNCH &amp; LEARN</b>	<b>13</b> <b>Community Food Experience</b> a poverty simulation hosted by the Foodbank	<b>14</b>
<b>15 My Plate</b> Use this online tool to find your balanced diet and build healthy eating habits at: <a href="http://choosemyplate.gov">choosemyplate.gov</a>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Tune in to our <b>LUNCH &amp; LEARN</b>	<b>20</b>	<b>21 Volunteer</b> Last year, more than 13,000 volunteers donated more than 33,000 hours of time to the Foodbank
<b>22 Bite by Bite</b> Start Small. Every little bit (bite) of nutrition is a step in the right direction.	<b>23 In Store Tour</b>  We'll be at the WalMart on Baseline	<b>24</b> <b>Nudges at an Agency</b> Conway	<b>25</b>	<b>26</b> Tune in to our <b>LUNCH &amp; LEARN</b>	<b>27</b>	<b>28</b>
<b>29 Eat a healthy meal at home and donate the cost of a meal out.</b>	<b>30</b>  <a href="http://arkansasfoodbank.org">arkansasfoodbank.org</a>	<b>31</b>	<p><i>programs and opportunities made possible by:</i></p> FROM			



Learn more about these nutrition updates on our blog posts: [arkansasfoodbank.org/blog](http://arkansasfoodbank.org/blog)



Watch us on Facebook Live every Thursday at 12 in March: [facebook.org/arkansasfoodbank](https://facebook.org/arkansasfoodbank)

**Eat Right, Bite by Bite.**