

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 as we *Face Hunger Together!*



March 2021

National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Nutrition Month Kickoff Personalization is key</p> <p>1</p>	<p>Nutrition is Share on SM what nutrition means to you with the hashtag #AFNutritionMatters</p> <p>2</p>		<p>Nutrition Spotlight LUNCH & LEARN</p> <p>4</p>	<p>5</p>	<p>Capitol Nutrition will donate \$2 for every "Orange Dream" signature smoothie sold in March for National Nutrition Month!</p> <p>6</p>
<p>Start a Garden Did you know you can buy seeds with SNAP benefits?</p> <p>7</p>	<p>8</p>		<p>Registered Dietitian Nutritionist Day</p> <p>10</p>	<p>Americorps Week LUNCH & LEARN</p> <p>11</p>	<p>Volunteer Foodbank is in need of people to help sort and distribute food. Sign up for a shift today! arkansasfoodbank.org</p> <p>12</p>	<p>13</p>
<p>Daylight Savings! Take advantage of the extra daylight to fit in a walk with friends or family after dinner.</p> <p>14</p>	<p>Barriers to Nutrition Security</p> <p>15</p>	<p>My Plate Use this online tool to find your balanced diet and build healthy eating habits at: choosemyplate.gov</p> <p>16</p>		<p>Hunger & Health LUNCH & LEARN</p> <p>18</p>	<p>Hunger Simulation</p> <p>19</p>	<p>This weekend spend a few minutes walking in the shoes of those we serve. hunger.arkansasfoodbank.org</p> <p>20</p>
<p>Choose Water Did you know you need 8-10 glasses of water a day to keep properly hydrated?</p> <p>21</p>	<p>22</p>			<p>Healthy Pantry Initiative LUNCH & LEARN</p> <p>25</p>		<p>27</p>
<p>Eat a healthy meal at home and donate the cost of a meal out.</p> <p>28</p>	<p>\$1 = 5 meals arkansasfoodbank.org</p> <p>29</p>	<p>Today ONLY Tacos4Life will donate proceeds from TacoTuesday to the Foodbank at AR locations!</p> <p>30</p>	<p>Reflect! Share on SM what you learned during NNM and how you'll commit to a nutritious routine year-round!</p> <p>31</p>	<p><i>programs and opportunities made possible by:</i></p>		<p>FROM arkansas health & wellness.</p>



Learn more about these nutrition updates on our blog posts: arkansasfoodbank.org/blog



Watch us on Facebook every Thursday at 12 in March: facebook.org/arkansasfoodbank

Personalize your plate.