



MARCH 2021

There is no 'one size fits all' approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and taste!

During National Nutrition Month you can help all neighbors Personalize Their Plates by holding a Healthy Food Drive! Each week on this calendar focuses on a food group, helping you eat well as you fill a box with healthy donations to drop off at the Food Bank (foodbankcenc.org/directions).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetables		1 No Salt Added Green Beans	2 Tip: Add canned vegetables to soups or stews	3 No Salt Added Corn	4 Tip: Add flavor to canned vegetables with seasonings and spices	5 Diced Tomatoes	6 No Salt Added Peas
Proteins	7 Tip: Rinse canned beans to reduce sodium by 30%	8 Canned Tuna (in water)	9 Dry Kidney Beans	10 Tip: Add beans to stretch meals	11 Peanut Butter	12 Canned Chicken (in water)	13 No Salt Added Black Beans
Fruits	14 Canned Peaches in 100% Juice	15 Tip: Add fruit to yogurt or salads for an added sweetness	16 Raisins	17 Canned Mixed Fruit in 100% Juice	18 Unsweetened Applesauce	19 Tip: Use applesauce instead of oil in some baking recipes	20 100% Fruit Juice
Grains	21 Tip: Whole grains are full of fiber and nutrients	22 Whole Wheat Pasta	23 Old Fashion Oats	24 Whole Grain Crackers	25 Tip: Make at least ½ your grains whole this week	26 Whole Grain Cereal	27 Brown Rice
Other	28 Canned Low-Sodium Soup	29 Granola Bars	30 Mac & Cheese	31 Tip: Add fresh broccoli to Mac & Cheese for a healthy family favorite			



Pop top cans and microwaveable cups preferred. Low sodium, sugar, and trans fat preferred. No glass.