



MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>National Nutrition Month</p> <p>National Nutrition Month focuses on making informed food choices and developing sound eating and physical activity habits.</p>	<p>2</p> <p>New Nutrition Facts Label</p> <p>Did you know the FDA updated the Nutrition Facts Label on all foods in 2020? Find out more at fda.gov/food</p>	<p>3</p> <p>National Cold Cuts Day</p> <p>Having a turkey sandwich? Try adding apple slices to increase fruit servings and add a crunch.</p>	<p>4</p> <p>Pre-pack Snacks</p> <p>Pre-pack some healthy snacks to grab on the go, such as homemade snack mix or trail mix.</p>	<p>5</p>  <p>MyPlate</p> <p>MyPlate is a great tool to help find your balanced diet and build healthy eating habits. choosemyplate.gov</p>	<p>6</p> <p>National Frozen Food Day</p> <p>Frozen veggies are flash frozen to keep all nutrients. Try steaming them for a healthy side.</p>	<p>7</p> <p>National Cereal Day</p> <p>Make your own snack mix with your favorite Whole Grain cereal.</p>
<p>8</p>  <p>Daylight Savings</p> <p>Start your day with balanced breakfast, avoid heavy meals, and go for a walk to help make an easier transition.</p>	<p>9</p> <p>Meatless Monday</p> <p>Check @FoodBankCENC on Twitter for a protein-packed meatless recipe.</p>	<p>10</p> <p>Fun Flavors</p> <p>Check @FoodBankCENC on Twitter for fun infused water combinations</p>	<p>11</p> <p>Registered Dietitian Day</p> <p>RDNs are committed to improving the health of their clients, patients, and community.</p>	<p>12</p> <p>Fiber</p> <p>A diet high in fiber can help maintain bowel health, control blood sugar levels, lower cholesterol, and achieve a healthy weight.</p>	<p>13</p> <p>3 Year Anniversary</p> <p>3 years ago the Food Bank hired our first Nutrition Educator, Sara Clement! Since then, she has implemented Nutrition Education Materials in all 34 counties.</p>	<p>14</p> <p>National Potato Chip Day</p> <p>For a crunchy snack that is full of vitamins and nutrients try making your own Kale Chips. The recipe is on Twitter @foodbankcenc.</p>
<p>15</p>  <p>Fruits & Veggies</p> <p>Make ½ your plate fruits and veggies. They're low in calories, high in fiber, and can help prevent chronic disease.</p>	<p>16</p> <p>A Quick Weeknight Meal</p> <p>Try Rainbow Ramen and make it a family favorite. Check @FoodBankCENC on Twitter for the recipe.</p>	<p>17</p> <p>St. Patrick's Day</p> <p>Want to add some green into your dessert? Check @FoodBankCENC on Twitter for our PB Zucchini Brownie recipe.</p>	<p>18</p> <p>National Sloppy Joe Day</p> <p>Check @FoodBankCENC on Twitter feed for our version of sloppy joe using ground turkey & lentils</p>	<p>19</p> <p>First Day of Spring</p> <p>Incorporate seasonal vegetables such as asparagus and collards into your week for freshness and lower cost.</p>	<p>20</p> <p>Reduce Your Sugar Intake</p> <p>Recommended amount of sugar is 6-9 teaspoons. Average Americans intake is 20 teaspoons.</p>	<p>21</p>  <p>California Strawberry Day</p> <p>Strawberries are full of antioxidants, which prevent heart disease and certain cancers.</p>
<p>22</p> <p>Omega 3s</p> <p>Did you know you should incorporate fish/seafood weekly for a great source of Omega 3s.</p>	<p>23</p> <p>National Chip & Dip Day</p> <p>Check @FoodBankCENC on Twitter for fun recipes to try.</p>	<p>24</p> <p>National American Diabetes Alert Day</p> <p>Are you or a loved one at risk for Diabetes? Understand the importance of being at risk diabetes.org.</p>	<p>25</p> <p>Eat Yogurt</p> <p>Choose plain, low-fat yogurt. Add cereal, nuts, and fruit to make your own flavor.</p>	<p>26</p> <p>National Spinach Day</p> <p>Try adding spinach to your morning smoothie. Check @FoodBankCENC on Twitter for a recipe.</p>	<p>27</p> <p>Food Safety</p> <p>Food Safety is essential in keeping your family healthy. Visit foodsafety.gov for everything you need to know.</p>	<p>28</p>  <p>Veggies for Breakfast</p> <p>Work vegetables into your breakfast routine. Check @FoodBankCENC on Twitter for a tasty sweet potato pancake recipe.</p>
<p>29</p> <p>Why Meal Plan?</p> <ol style="list-style-type: none"> Saves time. Saves money. Easier to make healthy choices. 	<p>30</p> <p>Whole Grains</p> <p>Make ½ your grains whole grains to decrease the risk of certain chronic diseases and increase fiber.</p>	<p>31</p> <p>National Tater Day</p> <p>Check out @FoodBankCENC on Twitter for fun sweet potato recipes.</p>				