

Celebrate National Nutrition Month® in March!

"Eat Right with Color."

National Nutrition Month® is a yearly nutrition education campaign in March supported by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The following ideas can help expand nutrition activities at your site.

- Bring examples of various fruits and veggies to your site. Talk about which fruits and veggies are high in different vitamins and minerals. Look for patterns among foods of the same color. For fruit and veggie fact sheets visit:
<http://www.eatwellbewell.org/partners/partner-resources/education-materials>.
- Purchase nutrition-related books through the University of Arizona Nutrition Network (UANN) and read them to your participants. Find the recommend book list here:
<http://uanutritionnetwork.org/uann-promotions/>.
- Work with your UANN coordinator to identify simple, healthy recipes, and do a food demonstration. Find recipes here: <http://www.eatwellbewell.org/partners/partner-resources/recipes> .
- Have an “All Green” St. Patty’s Day celebration on March 17th and encourage participants to bring in only green fruits and veggies to taste. Contact your UANN point person to get reimbursed for plates and related supplies.
- Have participants track their fruits and vegetables for a week, or any other food groups. Download a simple food log here:
http://pediatrics.duke.edu/wysiwyg/downloads/food_log.pdf or an advanced one here:
http://www.mypyramid.gov/downloads/worksheets/worksheet_2000_18.pdf.
- Decorate your site to reflect “Eating Right with Color.” For information about this theme, visit: <http://www.eatright.org/NNM/default.aspx> .
- Host a healthy, colorful recipe contest. Have participants bring in healthy recipes and allow participants to vote for their favorites. Use your UANN funds to make a cookbook out of the best healthy recipes.
- Celebrate the colors of MyPyramid.gov with a food group-themed Spirit Week. Have participants wear a different food group color each day or pick one day where participants of different ages each wear a different color.
- Conduct tasting challenges during lunch with “exotic” fruits and vegetables like starfruit or okra, or rare whole grain foods like quinoa and couscous.

- Host a nutrition trivia question every day in which participants who answer correctly receive a nutrition-related prize. Talk to your UANN coordinator for prize ideas. Find nutrition trivia questions here: <http://uanutritionnetwork.org/uann-promotions/>.
- Have a breakfast challenge and encourage participants to eat breakfast at school or home. Track their breakfast days and offer prizes for participants who eat breakfast for at least 4 of the 5 days of the week.
- Encourage participants to make their own healthy lunches to bring to school, and challenge them to include as many food groups as possible.

