



MARCH HOLIDAYS

March 1st Peanut Butter Lovers Day
March 6-10 National School Breakfast Week
March 17th St. Patrick's Day
March 26th Spinach Day

FUN ACTIVITIES

Infused water



Infused Water Recipes

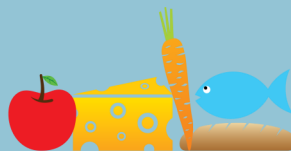
<https://www.tasteofhome.com/collection/infused-water-ideas/>

Celebrate National Nutrition Month with Kids!

<https://www.actionforhealthykids.org/activity/celebrate-national-nutrition-month/>

National Nutrition Month Activities for all:

<https://www.nutrition.va.gov/docs/UpdatedPatientEd/NNM2022ActivityBooklet.pdf>



MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month! Three Ways to Improve your Nutrition:

1. Go for H2O! Make it your goal to drink more water this month. Aim for at least 6 glasses of water per day for adults and at least 4 glasses of water per day for

children. Everyone's individual needs will vary though, so check in with your body to see how much you need! Usually the color of your urine is enough to tell you if you are well hydrated. Urine that is dark yellow indicates dehydration while urine that is clear indicates overhydration. We want to aim for a pale yellow color in between. Try adding fruits or vegetables and herbs to your water for an extra boost.

2. Eat the rainbow! If you are looking to improve your overall nutrition it is best to focus on addition NOT restriction. Think of what you can add at each meal or snack. Try to get at least one colorful item on your plate whether it's a fruit or vegetable doesn't matter!

3. Pack your lunch. Packing lunch may seem like a daunting task but start small! Pack some reasonable snacks to get you through the day so you're not starving between meals. Lunch can be anything as easy as your leftovers from the day before or a simple salad kit. Packing lunch will not only save you money but it will also allow you to incorporate more fresh items into your day.

How to Increase your water intake without even trying:

- Infuse your water with berries, citrus fruits, cucumbers, ginger, etc.
- Cold water infusing tea bags.
- Drink a glass of water with each meal.
- Bring a refillable water bottle with you to work and to run errands.
- Try different sparkling water brands to find a flavor you like.
- Eat water rich foods like fruits and vegetables.
- Bring a full water bottle to the gym with you.

