



## 5 Things to try for National Nutrition Month:

**WEEK 1:** Visit a local market or store near your home. Meet the farmer, owner etc.

**WEEK 2:** Try a new seasonal produce that you don't often prepare, have children help with the preparation.

**WEEK 3:** Experiment with recipes, include your favorite cultural foods and traditions or try new global flavors.

**WEEK 4:** Host a meal and enjoy it with family and friends.

## NATIONAL NUTRITION MONTH® FOOD CONNECTS US

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*"March is National Nutrition Month® an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits."*

This year's theme is "Food Connects us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

### How to connect more with the food you eat

- Learn where your food comes from. Visit a local market or farm and get to know the people who grow the food you eat.
- Shop for produce that is in season.
- Cook a family recipe with a parent, aunt, grandparent, or other member of the family who has more experience in the kitchen than you. Be sure to involve your children.

- Enjoy a slower meal time. Turn off the TV/other distractions, sit around the table and have a conversation with those around you.



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