

March is National Nutrition Month!





Each year during March, we celebrate National Nutrition Month® by focusing on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is **Eat Right, Bite by Bite** – supporting the philosophy that every bite of nutrition can be a step in the right direction towards better health.

An excellent resource for nutrition information is [MyPlate](#), which offers tips for healthful eating, such as:

- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to low-fat or fat-free milk or yogurt
- Drink and eat less sodium, saturated fats, and added sugars

Share pictures of your healthy meals and snacks with the Wellness Team (wellness@creighton.edu)

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Kick off National Nutrition Month with a healthy breakfast. RECIPES	2 Learn about Colorectal Cancer & Screen for Life cdc.gov 	3 Caregiver Appreciation Day 29% of Americans are caring for a loved one.	4 Learn to line dance for free! Bogie's Bar & Grill 	5 Be adventurous and be social. Try a different Fish fry every Friday. Get the MAP	6 Check out music and art at Benson First Fridays . 	7 Take the family to Diggin' Dinos at the Omaha Children's Museum .
8 Learn about your need for SLEEP 	9 You have 16 volunteer hours to use – get friends together and use them.	10 Continue keeping your brain healthy with  exercise, puzzles, board games.	11 Look through seed catalogues for your veggie garden.	12 Use the MyPlate app to track your nutrition goals throughout the month. 	13 Incorporate beans or legumes in your meals this Friday in Lent.	14 Destress with humor! Check out Omaha Game Night .
15 Run or Walk in the St. Paddy's Fun run . 	16 Share a Smile with others. 	17 Happy St. Patrick's Day!	18 Try a rainbow of veggies—carrots, yellow squash, sugar snap peas, red peppers	19 1st Day of Spring Healthy Bites: Mental Health Panel 12-1 PM Skutt 105	20 International Day of Happiness! Compete in a virtual race and spread goodness .	21 Take a walk with a friend in the Old Market and window shop. 
22 Take in some nature with a Spring Migration Bird Walk . 	23 Try a recipe for Nice Cream made with bananas—decrease your added sugar.	24 Employee Service Award Celebration 3:30 p.m. in the Harper Auditorium	25 Check your Risk for Diabetes: Know Your Risk 	26 Hit the walking trails and enjoy the plant and animal life in the OPPD Arboretum .	27 Try a new recipe this weekend. Choose one , then go grocery shopping after work tonight.	28 Try to eat one whole fruit at each meal—the more colorful, the more antioxidants.
29 Try Yoga in the Forest at Fontenlle Forest. 	30 It's National Take a Walk Day! Walk to the Jesuit Gardens and take in the sights and smells of nature.	31 Stretch your mind at the University Research Day 9am-3:30pm, Harper Center.	<p><i>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook page</i> </p>  <p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p>			