



Your Connection

Northwest Dane Senior Services, Inc.

March 2019

March is National Nutrition Month

How to Observe National Nutrition Month:

Volunteer at nutrition awareness events

Local events, like food drives, are organized across neighborhoods and schools in the US. Check for events in your area and volunteer for the ones you can.

Donate food

A healthier nation also includes the less-privileged citizens of the country. If you can't find time to volunteer, donate food at food camps or centers that accept donation.

Make a meal plan

If you have been struggling to curb your eating habits, National Nutrition Month is the perfect month to put it down in writing. Make a meal plan and make sure it's balanced; include healthy carbs, proteins, and fiber. And keep some room for cheat days, too!

Why National Nutrition Month is Important:

It promotes healthier living

National Nutrition Month came about to disseminate information about the importance of diet and nutrition. A country with healthy citizens is bound to be more productive, and a productive economy is always good news, all around!

We love anything related to food

Eating healthier does not mean compromising on your love for food. It means adopting a more balanced approach instead. At the end of the day, National Nutrition Month celebrates food, and we love any kind of food celebration.

It brings the community together

Several local events are organized throughout the month of March across American neighborhoods. These could be cooking competitions, food donation camps, and likewise. A brilliant way to build a sense of community.



Mardi Gras—Fat Tuesday

March 5, 2019

Join us for a Nutritious Meal



St Patrick's Day—Corned Beef & Cabbage

Let's Celebrate on Monday, March 18th

Get your reservation in by 1:00 Wednesday, March 13.

