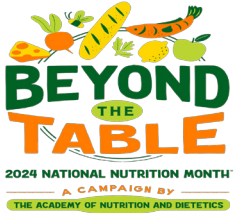


MARCH 2024

Celebrate by Trying a Nutrition Challenge Each Day of the Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For more nutrition education you can reach out to the Senior Meal Program Nutritionist</p> <p><b>JULIE SCALERA, DTR</b> Julie.Scalera@co.middlesex.nj.us</p>					<p><b>1</b></p> <p><b>Celebrate by Trying a Nutrition Challenge Each Day of the Month</b></p>	<p><b>2</b></p> <p><b>Eat from the rainbow.</b> The colors found in fruits and vegetables offer a variety of antioxidants.</p>
<p><b>3</b></p> <p><b>Plan your snacks.</b> Select fruits and vegetables to add valuable nutrients and fiber to your diet.</p>	<p><b>4</b></p> <p><b>Bring out the flavor of foods.</b> Try herbs and spices or a squeeze lemon instead of salt.</p>	<p><b>5</b></p> <p><b>Reduce or eliminate added sugar.</b> Become a sugar sleuth by reading food labels.</p>	<p><b>6</b></p> <p><b>Strive to sit less.</b> Take short walks or perform quick body weight exercises throughout the day</p>	<p><b>7</b></p> <p><b>Freeze leftovers after three days.</b> Having a backup meal is convenient when cooking isn't an option.</p>	<p><b>8</b></p> <p><b>Beyond the plate.</b> Try composting to bring nutrients back to the soil and out of the landfill.</p>	<p><b>9</b></p> <p><b>Use it up!</b> No veggies go to waste. Toss veggies into a stir fry or a soup before they go bad.</p>
<p><b>10</b></p> <p><b>Make a grocery list.</b> Make a list and shop sales when purchasing food to make your dollars stretch.</p>	<p><b>11</b></p> <p><b>Try infused water.</b> Citrus, herbs, and fresh berries add a fun and tasty way to stay hydrated.</p>	<p><b>12</b></p> <p><b>Create memories.</b> Turn off the TV and other devices and enjoy a nourishing meal with family and friends.</p>	<p><b>13</b></p> <p><b>Use local water.</b> Opt out of purchasing water. Instead, refill a reusable bottle to stay hydrated.</p>	<p><b>14</b></p> <p><b>Think convenient and nutritious.</b> Fresh is best but frozen is next for an easy option to incorporate nutritious foods.</p>	<p><b>15</b></p> <p><b>Go for the grain.</b> Remember to make half your grains whole grains by incorporating quinoa, farro or brown rice.</p>	<p><b>16</b></p> <p><b>Support your immune system.</b> Strawberries, kiwi, broccoli, and tomato are loaded with Vitamin C.</p>
<p><b>17</b></p> <p><b>Go Green!</b> Add leafy greens to your meals. Try spinach in your omelet, smoothie, soup, or a pasta dish.</p>	<p><b>18</b></p> <p><b>Watch your portion sizes.</b> Break out the measuring cups and read the food labels.</p>	<p><b>19</b></p> <p><b>Spring has sprung!</b> A perfect time to plan your garden and reap the benefits of being outside.</p>	<p><b>20</b></p> <p><b>Understand the food label.</b> Food labels are designed to help the consumer make better choices.</p>	<p><b>21</b></p> <p><b>Taste food before you salt it.</b> Make a ritual out of truly tasting your food before you decide if it needs tweaking.</p>	<p><b>22</b></p> <p><b>Shop at your local farmer's market.</b> This goal supports your community as well as your health.</p>	<p><b>23</b></p> <p><b>Improve your sleep habits.</b> Try to wake up and go to sleep at the same time each day.</p>
<p><b>24</b></p> <p><b>Explore some new culinary techniques.</b> Increasing culinary skills may result in having more home cooked meals.</p>	<p><b>25</b></p> <p><b>Eat seafood twice a week.</b> Seafood contains the hearth healthy Omega 3 and provides a good source of protein.</p>	<p><b>26</b></p> <p><b>Eat with the environment in mind.</b> Purchase foods with minimal packaging like dried beans, fresh fruits, and vegetables.</p>	<p><b>27</b></p> <p><b>Check out additional nutrition resources.</b> NJ SNAP Office: 1-800-687-9512 REPLENISH: 732-729-0880</p>	<p><b>28</b></p> <p><b>Remember your calcium.</b> Both dairy and non-dairy options can up your calcium intake.</p>	<p><b>29</b></p> <p><b>Experiment with plant-based meals.</b> Enjoy delicious budget friendly recipes using lentils, beans, and vegetables.</p>	<p><b>30</b></p> <p><b>Cook once eat twice.</b> Look up some time-saving recipes giving you more time to do the things you love.</p>
<p><b>Keep on going! 31</b> Feel good about the healthy choices you made this month!</p>						