**National Nutrition Month – March, 2015**

Making simple and mindful food choices each day is the key to a life-long commitment to health and well-being rather than focusing on any one specific food, meal, drink, supplement or machine. Stop by a nutrition table to try some new and creative combos for flavorful and healthy meal options.

**THEME: “Bite into a Healthy Lifestyle”**

**Week 1:**
- March 2: 11-12:30pm Holloway – Salsas
- March 3: 12-1:30pm Philbrook – Pita Pizzas
- March 4: 11-1pm Holloway - Pasta Salads
- March 5: 12-1:30pm Stillings – Artichoke & Bean Salads

**Week 2:**
- March 9: 12-2pm Holloway – Homemade Salad Dressings
- March 9: 5-7pm Philbrook – Homemade Salad Dressings
- March 10: 5-7pm Stillings – Pasta Salads
- March 11: 12-2pm Holloway – Condiments & Dips
- March 12: 12-1:30pm Philbrook – Cucumber & Lettuce Wraps

**Week 3: SPRING BREAK**

**Week 4:**
- March 23: 9-11am Holloway - Smoothies
- March 24: 12-2pm Stillings – Student Nutrition Association Feature
- March 24: 5-7pm Philbrook – Student Nutrition Association Feature
- March 25: 5-7 pm Holloway – Fruit Cobbler
- March 26: 11-2pm MUB Strafford Room – Nutrition Expo Event

**Week 5:**
- March 30: 11-1pm Holloway – Tuna Creations
- March 31: 12-1:30pm Stillings – Sweet Potato Panini