

MARCH

National Nutrition Month



SAVOR THE FLAVOR
OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition
and Dietetics
www.eatright.org



Help us celebrate by visiting our booth!

HuHuKam Memorial Hospital

Outside the main entrance
12 Noon—1:00 p.m.

Thursday, March 3rd

*“Savor the Flavor by Using Nutritious
Herbs and Spices”*

—Life Center Diabetes Education Program

Thursday, March 17th

*“Eating Right on a Budget: Vegetables
and Fruits—Important Staples of a Diet”*

—Diabetes Care Program

Komatké Health Center

In the Lobby
12 Noon—1:00 p.m.

Thursday, March 10th

“Cooking with Healthy Fats and Oils”

—Diabetes Prevention Program

Monday, March 21st

*“Savor the Great Flavors and Experiences of
Local Food Traditions”*

—Life Center Diabetes Education Program