Student Dietetic Association:

3/2/2017 Sykes Ballroom A from 11-3pm
A variety of organizations on campus
promoting National Nutrition Month. We
will distribute educational materials, have
a bake sale, give out healthy snacks, and
more!

Eating on a budget!

3/20 (part 1) Rec Center Conference Room

3/22 (part 2) Local Grocery Store

Join us on learning how to manage to eat healthy on budget with this two part series.

Day one will include an informational session on how to eat healthy on a budget.

Day 2 nutrition students will guide those interested on how to apply the skills learned on Day 1 with the store's RD present.

*limited space available for part 2

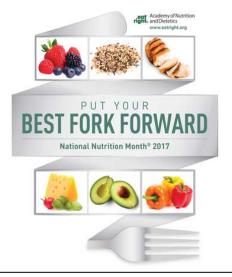
Food Drive

March 27th-31st

Donate nonperishables for Chester
County Food Bank during the last
week of March. Locations to donate
food will be at the Recreation Center,
Sykes Student Union, and Health
Science Center.

Intro Night 3/2/2017 7:30 pm Rec Center studio B:

Learn more about what we will be doing for the month of March to celebrate NNM!



Spring into shape!

Rec Center: Conference Room 5-6pm

Spring break is on its way. Learn some ways to get healthy again for the changing of seasons with tips, a snack, and group fit classes after!

Intro to Peer Counseling:

Recreation Center Lobby: 4:40-5:45pm

Begin signing up for our new program where we offer nutritional guidance to those interested. Signee's will be paired with Nutrition Students.



@nationalnutritionmonth_wcu

March 13th-17th

Have a happy, healthy spring break!

Dr. Sarcona's Intuitive Eating Discussion

3/29(pending)

Where: TBD

A healthy relationship with food is important, especially in college.

MARCH: NATIONAL NUTRITION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1.	2. SDA EVENT: SYKES 11-3pm Intro Night: REC CENTER STUDIO B 7:30 pm	3.	4.
5.	6.	7. SPRING INTO SHAPE: REC CENTER CONFERENCE ROOM 5-6 pm	POT YOUR	9.	10.	11.
12.	13.	Na	tronal Nutrition Month	2017	17.	18.
19.	20. EATING ON A BUDGET PART 1: REC CENTER CONFERENCE ROOM	21.	22. EATING ON BUDGET PART 2: Shoprite/Giant	23.	24.	25.
26.	27.	28. INTRO TO PEER COUNSELING: REC CENTER 4:45-5:30 pm	29. GUEST SPEAKER: ITUITIVE EATING W/ DR. SARCONA	30.	31.	
	FOOD DRIVE	FOOD DRIVE	FOOD DRIVE	FOOD DRIVE	FOOD DRIVE	





BEST FORK FORWARD

National Nutrition Month 2017

