

**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!

**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!

**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



**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.

**Food Drive**

March 27<sup>th</sup>-31<sup>st</sup>

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.



**@nationalnutritionmonth\_wcu**

March 13<sup>th</sup>-17<sup>th</sup>

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	8.	9.	10.	11.
12.	13.	14.	15.	16.	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. FOOD DRIVE	28. INTRO TO PEER COUNSELING: REC CENTER 4:45-5:30 pm FOOD DRIVE	29. GUEST SPEAKER: ITUITIVE EATING W/ DR. SARCONA FOOD DRIVE	30. FOOD DRIVE	31. FOOD DRIVE	

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and Dietetics  
[www.eatright.org](http://www.eatright.org)



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**BEST FORK FORWARD**

National Nutrition Month 2017

