



# Nourish Through Nutrition

This month join us to learn how to nourish your body as we celebrate **National Nutrition Month®**. We'll be focusing on looking beyond what you put on your table as you find ways to add more nourishment into your daily life.

Take a minute to watch a quick video about this month's healthy habit.

**Watch Now** ▶

## March's Healthy Habit

About 60% of our body is composed of water, so it's no surprise that staying hydrated is an important part of keeping our body nourished. Sugary drinks can lead to excess energy (calorie) intake, increase the risk of dental cavities, insulin resistance and other health effects.

This month, increase your water consumption and reduce your consumption of sugary drinks. Try water infusions instead of juice, seltzer water instead of soda, or simply drink a bottle or sip of water before and after reaching for your sugary beverage.

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## March

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31						

Complete March's challenge to discover new ways to nourish your body.

### March 11th

Watch [The Power of Nutrition](#) from the [Physician's Association for Nutrition](#) on how food is a major component that determines our health.

### March 12th

Complete the [Mindful Munching Wildcard Challenge](#).

### March 13th

Clean out your pantry and fridge. Discard expired foods and prioritize using foods approaching their best by date.

### March 14th

Repurpose your leftovers into a second meal by turning them into a salad or grain bowl.

### March 15th

Sustainably shop: Make a list and only buy what you need for the week. Don't forget to take your reusable grocery bags with you!