



March 2023

Nutrition Month

Features

Samples with our Dietitians 7:30AM-9:00AM

Monday, March 6- Sample a *Green Smoothie* to kickstart your day; come visit our dietitians to learn more

Monday, March 13- Sample house made Energy Balls; jump start your morning with these healthy & delicious snacks!

ALL MONTH LONG!!

The below promotions will be offered all through the month of March 2023

-BOGO Bottled Water

-\$1 (20oz) Bottled Water with the purchase of any Midwest Kitchens Salad OR any hot line purchase

-Salad Card~ Purchase 7 Midwest Kitchens Salads during March 2023, receive the 8th salad free along with a bottled water and 1 piece of whole fresh fruit!

4 activities during the month (1 fun game per week!)

Winners will receive a healthy snack bundle once winners are drawn by the Nutrition Management Team.