

National Nutrition Month- March

MYC "Nutrition BINGO Challenge"



Shop BOGO for fruit and veggies



Try a New Fruit



Eat a bowl of mixed fruit



Prepare a fruit smoothie for breakfast



Eat one piece of fruit every day for 1 week



Try infused water



Bring lunch to work for 1 week



Drink water from a straw



Drink 80 OZ of water in 1 day



Log water intake for 1 week



Cook a 1-Pot meal



Prepare a sheet pan meal

No Added Sugar Day



Prepare a meatless meal



Eat breakfast for 1 week



Steam, roast or sautee veggies for 1 week



Prepare a homemade salad



EAT 5 SERVINGS of veggies in 1 day



Bake or air fry sweet potatoes



Garnish a meal with herbs



Prepare lean proteins for dinner for 1 week



Drink protein a shake



Make a healthy dessert and eat without guilt



Take nuts and seeds to work for snacks



Intentionally eat meals and snacks without distraction for one day