

Nutrition Month

MARCH 2023

Supermarket
Sunday

Meal Prep
Monday

Try It
Tuesday

Wonder
Wednesday

Thrifty
Thursday

Flavour
Friday

Social
Saturday



Access online calendar at:

<http://bit.ly/nutritionmonth2023>



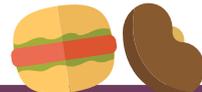
5 Crafting a short grocery list can help with meal planning for this week. Try this [template](#).



6 Get the kids in the kitchen! [Explore](#) how kids can help prep for this week.



7 Make a new plant-based recipe! These [black bean burgers](#) are packed with protein and flavour.



1 Are tomatoes a vegetable or a fruit? [Let's set the record straight.](#)



2 Take charge of your freezer! Learn [how to freeze food](#) to make it last longer.



3 Check out [these 5 ways](#) to freshen up and flavour your water.



4 Make your own creamy [hummus](#) to share with a friend.



12 What can you find out from reading a nutrition label? Click [here](#) to learn more.



13 Look for sustainable leak proof and freezer friendly containers.



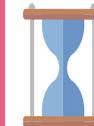
14 Today's the day to try a new dish. Browse this [link](#) for inspiration to make something new.



15 Happy Registered Dietitian Day! Explore [how to connect](#) with a Dietitian.



16 Do you know the difference between a best before date and an expiry date? [Let's take a look.](#)



17 Happy St. Patrick's Day! Try using [fresh herbs](#) as a pinch of green in your dinner tonight.



18 Let's put away the phones and turn off the TV! See the benefits of [taking time to enjoy your meal.](#)



19 Help kids of all ages [explore the grocery store](#) by playing Shopping List Bingo.



20 Make a big batch of recipes to last the week or freeze for later! Try this easy [chicken curry recipe](#).



21 Let's get moving! Try some of these fun ideas for different ways to [get active](#).



22 It's International Water Day, so welcome to [Hydration 101!](#)



23 Check out these hacks for [saving money](#) at the grocery store.



24 Try making sauces from scratch. This [homemade dill dip](#) is worth it!



25 [Eating with others](#) has many health benefits! Host a potluck to bring people together.



26 Go on a virtual [grocery store tour](#) filled with tips and tricks on grocery shopping and meal planning.



27 See how you can [reorganize your fridge](#) for more successful mealtimes.



28 Use these easy substitutions to [increase the whole grains](#) on your plate.



29 What is the only [vitamin supplement](#) that AHS recommends for everyone? Click to find out.



30 Don't throw out your food scraps! Turn them into [soup](#).



31 Take 2 minutes to [fill out a survey](#) on this Nutrition Month Calendar.



Developed by
Calgary Zone
Public Health
Dietitians