

**A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM**  
A Joint Program Between Rutgers Dining Services and the New Jersey Institute for Food, Nutrition, and Health

## March is National Nutrition Month®

Join us in commemorating National Nutrition Month by learning how [Food Connects Us!](#)

This March, take the opportunity to explore how food shapes your connections, habits, and overall health. This year's theme, *Food Connects Us*, celebrates the role of food in bringing people together, whether through culture, family traditions, or friendships. Sharing a meal is a chance to bond, spark conversation, and appreciate the stories behind the ingredients and those who prepare them. Get involved by following our daily tips and joining the Healthy Dining Team events in yellow to strengthen connections and enhance your well-being!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>HDT challenges you to celebrate global flavors by <b>trying a new culturally inspired dish each day</b> this March.</i></p>						<p>1 <b>Blossom</b> this spring by <b>sharing a meal</b> with family or friends.</p> 
<p>2 Add <b>spice</b> to your life by adding new herbs or spices in your meal.</p> 	<p>3 Nourish your body by enjoying a <b>Meatless Monday</b> and explore <b>plant-based proteins</b> such as tofu or beans.</p> 	<p>4 <b>March forth</b> by practicing mindful eating habits, like <b>avoiding your phone</b> during meals.</p> 	<p>5 Check out the food <b>carbon footprint icons</b> from Rutgers Dining Services at <a href="http://food.rutgers.edu">food.rutgers.edu</a>.</p> 	<p>6 <b>Bee</b> adventurous and try a new <b>fruit or vegetable</b>.</p> 	<p>7 <b>Stop and smell the flowers:</b> Practice <b>slowing down</b> and <b>feeling present</b> while eating.</p> 	<p>8 <b>Get rooted</b> in your meals and explore <b>where your food comes from</b>.</p> 
<p>9 Eat seafood, such as <b>salmon or tuna</b>, twice this week for healthy omega-3 fatty acids.</p> 	<p>10 <b>Hop into spring</b> a new meal from <b>Harvest</b> in the IFNH from 9am-2:30pm (accepts meal swipes).</p> 	<p>11 Enjoy a meal at Busch Dining Hall and stop by the HDT Booth for the <b>Game of College Life</b> from <b>6:00 pm to 8:00 pm</b>.</p>	<p>12 <b>National Registered Dietitian Day:</b> Celebrate an RDN on campus! You can meet with one at Dining Services, the athletic departments, or in health centers.</p>	<p>13 Enjoy a meal at Livingston Dining Hall and stop by the HDT Booth for the <b>Game of College Life</b> from <b>6:00 pm to 8:00 pm</b>.</p>	<p>14 <b>Turnip the beet</b> by attending an <b>on-campus fitness class</b> with a friend.</p> 	<p>15 <b>Spring</b> into break by <b>setting time aside</b> to enjoy a meal with family or friends.</p> 
<p>16 Take a trip to your <b>local farmer's market</b> and spark up an <b>insightful conversation</b> with the food vendors about the <b>origins of their products</b>.</p>	<p>17 Paint your plate with <b>nature's hues of green</b> and try a new green produce.</p> 	<p>18 Elevate your usual drink by adding some <b>fruit</b> to your water.</p> 	<p>19 Enjoy the break from school stress and try <b>incorporating movement</b> into your day outdoors with friends, like a bike ride or a stroll in nature.</p>	<p>20 Add more <b>whole grains</b> to a meal like brown rice, quinoa, and farro.</p> 	<p>21 Try carrying your own <b>reusable bottle</b> throughout the day to <b>stay hydrated</b> while <b>reducing waste</b>.</p>	<p>22 <b>Follow</b> RU Healthy Dining Team on Instagram @ru_hdt for more nutrition tips.</p> 
<p>23 <b>Express gratitude</b> for your food by <b>thanking a dining staff member</b>.</p> 	<p>24 Read the an <b>Antioxidants newsletter</b> to discover how to increase your antioxidant intake around campus.</p>	<p>25 Grab your friends and head over to the dining hall for the <b>Evening of Healthy Indulgences!</b></p> 	<p>26 Nothing says appreciation like offering a friend a delicious piece of <b>fresh fruit!</b></p> 	<p>27 Make your plate colorful by <b>filling at least half</b> of your plate with fruits and veggies.</p> 	<p>28 <b>Leap</b> into April by continuing to try <b>new, nourishing foods</b>.</p> 	<p>29/30/31 Keep up <b>healthful habits</b> and celebrate how <b>food connects us</b> all year!</p> 

Revised by: Hannah Briggs

Reviewed by: Dr. Peggy Policastro, RDN-Dining Services

References: *50 Ideas to Get Involved in National Nutrition Month®*. Available at <https://www.eatright.org/health/wellness/awareness-campaigns/50-ideas-to-get-involved-in-national-nutrition-month>. Accessed on 2/8/25. Rutgers Dining Services Sustainability Practices