National Nutrition Month® is celebrated each year in March. This year’s theme, “Savor the Flavor of Eating Right,” encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

This nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy has developed key messages that will help people to Savor the Flavor of Eating Right:

1. How, when, why and where we eat are just as important as what we eat. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan.

2. Develop a mindful eating pattern that includes nutritious and flavorful foods, while also taking the time to enjoy everything that a healthful and tasty meal brings with it. That's the best way to savor the flavor of eating right!

3. It is possible to enjoy the taste and flavor of food while still maintaining a healthy diet. Take time to enjoy food traditions and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines and MyPlate recommendations can accommodate the food preferences, cultural tradition and customs of many diverse groups.

4. A registered dietitian nutritionist can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Green Monster Smoothie

Ingredients:
- ½ cup orange juice
- ½ cup non-fat Greek yogurt
- ½ cup frozen berries
- 1 handful kale or spinach
- ½ banana
- 2 Tbsp. flaxseed, ground or whole

Directions:
Place the ingredients in the blender, starting with the orange juice and yogurt and ending with the banana. Pulse on high until perfectly blended.
March 2016

North Idaho Eat Smart Idaho Class Schedule

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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</strong></td>
<td><strong>Eating Smart Being Active @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 4:00 to 5:00</strong></td>
<td><strong>Get Moving @ Nez Perce County Extension – 1239 Idaho St. – Lewiston – 4:00 to 5:00</strong></td>
<td><strong>Plan, Shop, Save @ Nez Perce County Extension – 1239 Idaho St. – Lewiston – 4:00 to 5:00</strong></td>
<td><strong>Build Strong Bones @ Nez Perce County Extension – 1239 Idaho St. – Lewiston – 4:00 to 5:00</strong></td>
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<td>7 Go Lean with Protein &amp; Make a Change @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 2:00 to 3:00 Eating Smart Being Active @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 5:30 to 6:30</td>
<td>8 Eat Play Grow @ St. Maries Head Start – 1100 College Ave. – St. Maries, 5:30 to 6:30</td>
<td>9 WIC Wednesday @ WIC Panhandle Health – 8500 N. Atlas Rd. – Hayden, 10:00 to 3:00</td>
<td>10 Teen Dental Party: Healthy Drinks @ Lakes Middle School – 930 North 15th St. - CDA - 3:00 to 7:30 Fruits &amp; Veggies @ Nez Perce County Extension – 1239 Idaho St. – Lewiston – 4:00 to 5:00</td>
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<td>16 Make Half Your Grains Whole @ Nez Perce County Extension – 1239 Idaho St. – Lewiston – 4:00 to 5:00</td>
<td>21 Eating Smart Being Active During Pregnancy @ Open Arms Pregnancy Center – 1800 Lincoln Way, Ste. 201 – CDA, 2:00 to 3:00 Eating Smart Being Active @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 4:00 to 5:00</td>
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Sources: [http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit](http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit) retrieved 02/29/16

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

- Benewah, Kootenai & Shoshone Counties: 446-1680
- Bonner & Boundary: 263-8511
- Clearwater, Latah or Nez Perce: 883-2267
- Clearwater or Nez Perce: 799-3096
- Idaho or Lewis: 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD  Phone: 446-1680  E-mail - kalig@uidaho.edu  web: www.eatsmartidaho.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.