Food for Thought

Put Your Best Fork Forward

National Nutrition Month® is celebrated each year in March. This year’s theme, “Put Your Best Fork Forward,” reminds us that each bite counts. Making just small shifts in our food choices, can add up over time.

The 2015-2020 Dietary Guidelines for Americans also suggests starting with small changes in order to make healthier lasting changes you can enjoy. Whether planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

Every year the National Nutrition Month® 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 these key messages that will help you Put Your Best Fork Forward:

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do. You can find the right amounts just for you at: www.choosemyplate.gov/tools-supertracker
4. Find activities that you enjoy and be physically active most days of the week.

Some ideas on getting your family involved this month:
- As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
- Plan to eat more meals together as a family during National Nutrition Month®.
- Organize a grocery store scavenger hunt with your family for food items needed to make a healthy recipe.

Curried Garbanzo Beans

1 15.5-ounce can garbanzo beans, no salt added/low sodium drained and rinsed
1 teaspoon curry powder
2 teaspoons olive oil
1 teaspoon chopped cilantro

Directions
1. Preheat oven to 425°F.
2. On a foil-lined sheet tray, mix together the garbanzo beans, curry powder and olive oil. Spread beans out in a single-layer to ensure each bean has enough space to get crispy.
4. Remove beans from oven and gently toss in the cilantro before serving warm.
5. Can be added to a salad or on their.
### March 2017

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<th>Monday</th>
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<td><strong>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</strong></td>
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<td>1 Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 10:00 to 1:00</td>
<td>2 Healthy Food Pantry Demo @ CDA Assembly Food Bank – 2200 N. 7th St. – CDA – 2:30 to 4:00</td>
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<td>6 Healthy Food Pantry Demo @ Post Falls Food Bank – 415 E. 3rd Ave. – PF – 11:00 to 1:00</td>
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<td>Snack Attack Nutrition Demo @ Heritage Health – 1090 W. Park Pl. – CDA – 1:00 to 3:00</td>
<td>Fast Food @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 3:00 to 5:00</td>
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<td>Get Moving @ Trinity Group Home II – 2990 Charleville Rd. – Post Falls – 3:00 to 5:00</td>
<td>Healthy Food Pantry Demo @ Lake City Community Church Food Bank – 6000 N. Ramsey – CDA – 11:00 to 1:30</td>
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<td>20 Break it Up Breakfast First Nutrition Demo @ Heritage Health – 1090 W. Park Pl. – CDA – 1:00 to 3:00</td>
<td>21 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 02/27/17

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

- **Panhandle**: 446-1680
- **Clearwater, Latah or Nez Perce**: 883-2267
- **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](http://www.eatsmartidaho.org)

This material was funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP), the Idaho Department of Health & Welfare Food Stamp Program and University of Idaho.

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 USDA, Idaho Department of Health & Welfare and University of Idaho is an equal opportunity providers and employers.