

March is National Nutrition Month®

Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Whether it is starting the day off right by eating a healthy breakfast or fueling before exercising, the foods you choose can make a real difference. This year's campaign title is, "Go Further with Food."

The way you can, "Go Further with Food" is to:

1. Plan meals and snacks in advance
2. Store food correctly to reduce waste
3. Shop locally for produce
4. Eat right on a budget



Look for further information covering each topic at the beginning of each week this month in your email. If there is anything you'd like information on with nutrition, please email me at handerson@reachupinc.org with request. Improving overall well-being requires a lifelong commitment to healthy lifestyle behaviors.

Recipe: Basic Overnight Oats

Ingredients

- 1 clean jar with lid
 - 1/2 cup rolled oats
 - 1 cup milk (or soy milk, almond milk)
 - 1 tsp cinnamon (or other spices like cardamom or vanilla extract or all)
 - 1-2 tsp your favorite sweetener (honey, brown sugar, maple syrup)
- Optional:
- 2 tsp chia seeds
 - some slices of fresh or frozen fruit
 - 2 tbsp nuts and/or seeds



Instructions

Throw everything in a jar, screw the lid on top, shake, and off it goes into the fridge. The next morning add a dash of milk, a sweetener (if you want) and enjoy :-). Last 3-5 days in fridge.