

Date: March 2, 2010

March's National Nutrition Month recognized in MGMC's Augusta cafeteria



March 2010 is National Nutrition Month.

In keeping with this year's theme, "Nutrition From the Ground Up," MaineGeneral Medical Center's Augusta cafeteria is celebrating by creating a vegetable theme for the month.

Staff each week will feature a different daily vegetable dish in addition to the cafeteria's regular menu. They also will offer a special vegetable salad on the salad bar featuring the vegetable of the week and will have copies of the recipes available for those who would like them.

Weekly themes are as follows:

- March 1 - 6: Broccoli
- March 8 - 13: Carrots
- March 15 - 19: Spinach
- March 22 - 27: Green Beans
- March 29 - April 3: Zucchini

Come to the café to try something different and get ideas on how to pep up the vegetables in your diet!

National Nutrition Month[®] is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Registered Dietitian (RD) Day, March 10, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

Please contact Shelley Goraj at shelley.goraj@mainegeneral.org if you have questions or would like more information.