

















NATIONAL NUTRITION MONTH MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Container gardening and healthy eating tips from your Michigan Registered Dietitians.</p>					<p>1</p>  <p>Choose your container.</p>	<p>2</p>  <p>Decide what to plant. Buy potting soil.</p>
<p>3</p>  <p>All hands on deck! Get planting with family and friends.</p>	<p>4</p>	<p>5 Container gardens need more water.</p> 	<p>6</p>	<p>7 Hours of sunlight: 8 – Vegetables 6 – Root Vegetables 4 – Leafy greens and herbs</p>		<p>9 Container gardens date back to the Egyptians!</p>
<p>10 Make your own pesto.</p> 	<p>11</p>	<p>12 Grow fast, colorful microgreens</p> 	<p>13</p> 	<p>14</p>	<p>15</p>	<p>16 Enjoy a green smoothie for St. Pats!</p> 
<p>17</p> 	<p>18 Bonus: Container gardens may be less prone to insects and other pests.</p>	<p>19</p>	<p>20</p>	<p>21</p>  <p>Need nutrition advice?</p>	<p>22 Did you know even a small garden produces upwards of 300 pounds fresh produce equal to \$600 retail.</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26 Fresh herbs make mealtime extra tasty</p> 	<p>27 Purchase seeds and starter plants with EBT benefits and Double Up Food Bucks Some libraries provide free!</p> 	<p>28</p>	<p>29</p>	<p>30 Your microgreens should be ready to top your sandwich and salads.</p>
<p>31</p>  <p>Thank you for growing healthy with us!</p>		<p>Growing (A Poem) Inside the seed, all bundled and tight, a tiny plant grows needing water and light. I'll plant it in soil, let it catch the sun's glow, then water it gently and watch the plant grow.</p> 		 <p>Michigan Academy of Nutrition and Dietetics Formerly the Michigan Dietetic Association an affiliate of the eat right. Academy of Nutrition and Dietetics</p>		

