



Hello, Wellness Enthusiast!

Use your monthly Health Kit for support as you promote wellness.

Share the materials - email, print, and post!

March is National Nutrition Month® and we're celebrating by bringing you a variety of informative pieces on healthy eating.

Poster: Post this for a healthy reminder about whole grains.

Word Scramble: Food for thought? Try our word scramble to increase your nutrition knowledge.

Recipe: You can sail away with our healthy and tart recipe for March: Tuna Boats!

Click here for more resources and tools on maintaining healthy habits. For more information on how small changes can lead to healthier habits, **click here**.

90 Seconds: Heard of “eating clean”? Clinical Specialist Michael explains the highlights in our 90-second video.

Coaching Moment: “Variety is the spice of life!” Just ask Coach Felicia as she challenges you to use more spices when you cook.

Podcast: Download and listen to this before your next meal! Our podcast, “Put Your Best Fork Forward,” provides some timely tips on better nutrition.

Additional Info: Log into the wellness portal for even more articles on this topic / Acceda el portal de bienestar para ver más artículos sobre este tema:

- Quick Tips: Adding Fruits and Vegetables to Your Diet
- Consejos prácticos: Como agregar frutas y verduras a su dieta.

In next month's Health Kit, we're going to take on stress.