

National Nutrition Month at USDA

Kick-off

Back of South Building Cafeteria

Wednesday, March 4

11:30 am to 1:30 pm

Find out about healthy eating, worksite wellness, nutrition assistance programs, and physical activity efforts from USDA nutritionists and experts.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Special Events during March

South Building Cafeteria
& Whitten Café

Wednesdays, 11:30 am to 1:30 pm

Sample a healthful recipe each day!

March 11

Food Safety Day

Talk to FSIS Food Safety Specialists. Take the Food Safety Quiz.

March 18

Family Wellness Day

Find out about MyPyramid, MyPyramid for Moms and for Kids.

March 25

Healthy Living Day

Learn about the Nutrition Label from FDA. Pick up a walking map.

Brought to you by:

Agricultural Marketing Service (AMS), Agricultural Research Service (ARS), Cooperative State Research, Education and Extension Service (CSREES), Economic Research Service (ERS), Food, Nutrition & Consumer Services (FNCS), Food Safety & Inspection Service (FSIS), Food & Drug Administration (FDA), USDA Office of Operations/Department Administration, and SODEXO