

EATING FOR WELL-BEING CHALLENGE

March is National Nutrition Month! That means it's time to personalize your plate. Join the Eating for Well-being challenge and learn how to make every bite count.

Track two servings of fruit and vegetables every weekday for three weeks to be entered for a chance to win a prize. Make one healthy choice. Then make another.

SIGN UP: March 2-9, 2021

CHALLENGE DATES: March 9-30, 2021

“ **A healthy outside
starts from the inside.**
– Robert Urich

