**MARCH**
**National Nutrition Month**

#CMUNNM

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**Friday 3**
**NNM Kick-off Event**
Kirk Commons
11 am - 2 pm

Join Dining Services for a kick-off tabling event to learn more about National Nutrition Month and healthy eating. Also, taste delicious samples of Evgeftos’ vegan quinoa salad!

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**Friday 17**
**Lunch & Learn: Simple Swaps in the Kitchen**
Danforth Conference Room
12 pm - 1 pm

**Sponsored by the Staff Council Wellness Committee**

Learn how to make simple ingredient swaps for healthful, satisfying, and delicious cooking. Enjoy a food demonstration and light lunch, featuring recipes that will Put Your Best Fork Forward!

- Mediterranean Zoodle Salad
- Bean and Quinoa Veggie Burger in a Napa Cabbage Wrap
- Plant-based Power Muffins
- Infused water bar, compliments of Culinart

This event is FREE, but seats are limited.
Please register at: cmu.edu/staff-council

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**Tuesday 21**
**NNM Extravaganza: Eat Well at CMU!**
Danforth Conference Room and Danforth Lounge
11:30 am - 2:30 pm

Learn to eat well on campus and Put Your Best Fork Forward at the National Nutrition Month Extravaganza! Events include:

A healthy eating resource fair in Danforth Lounge with tips for building a balanced plate, eating on the run, eating mindfully, vegetarian and vegan eating, reducing food waste, and more! Also, taste the nominees and vote for the Best Salad on Campus!

Wellness lectures and food demonstrations will be located in the Danforth Conference Room. All sessions feature a chef-led demonstration!

**11:30 am Smart Snacking**
Presented by CMU Peer Health Advocates

**12:30 pm Eat Well @CMU**
Sponsored by The Plaidvocates
Presented by Dining Services Registered Dietitian and the Culinart Team

**1:30 pm The Power of Plant-forward Eating**
Presented by Dining Services Registered Dietitian

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**Friday 31**
**Fresh Food Fridays**
Merson Courtyard
11 am - 1 pm

Join us for a special edition of Fresh Food Fridays, a monthly pop-up event sponsored by Dining Services. Try samples from campus vendors and local Pittsburgh-based food companies.