March National Nutrition Month
#CMUNNM

**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 Evgefstos' vegan quinoa salad!

**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

**Tuesday 21**

**NNM Extravaganza: Eat Well at CMU!**
Danforth Conference Room and Danforth Conference 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

**PARTICIPANTS WILL HAVE A CHANCE TO WIN ONE OF FOUR FITBITS OR A MONGOOSE MOUNTAIN BIKE!**

**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.

Learn more at cmu.edu/dining
March is National Nutrition Month!
Look for specials focused on healthy eating and wellness all month long.

Evgefstos NNM Vegetarian Bowl Specials
Every Thursday during NNM, Cohon Center, 5-8pm

Chef’s Table Every Tuesday & Thursday
Resnik, 5-9pm

Global Flavour
New culinary adventure for the week every Sunday at Resnik, 7 days a week 5-9pm

Monday 3  NNM Kick-Off Free Sampling
At the Black Chairs, Cohon Center, 11am-2pm

Wednesday 8  Premium Entree Night
Schatz Dining Room, Cohon Center, 5-8pm

Tuesday 21  NNM Extravaganza
Danforth Lounge & Conference Room, Cohon Center,
11:30am-2:30pm

Wednesday 22  Bistro Night
Schatz Dining Room, Cohon Center, 5-8pm

Friday 31  NNM Wrap-Up Free Sampling
Merson Courtyard, Cohon Center, 11am-2pm

Carnegie Mellon University Dining Services
@DiningAtCMU @CMUdining

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CULINART GROUP INNOVATIVE DINING SOLUTIONS