MARCH

National Nutrition Month®
Food connects us

Monthly well-being tip

Did you know a local farmers market is a great way to reconnect with your food and your community? You'll be able to learn where it comes from, how it's grown or raised, all while supporting your local community. Consider growing your own garden, and if you're short on space try growing herbs in a small container garden.

Well-being fun fact

Asparagus contains high amounts of vitamin K and copper. Vitamin K plays a key role in blood clotting and in the production of proteins needed by our blood, bones and kidneys. Copper helps the body generate energy in every cell, which is essential for transporting oxygen via red blood cells. Asparagus is one of three vegetables commonly eaten in North America that live for three or more years and regrow each season from their own root systems (perennials).*



What should you know

Every March is National Reading Month. Reading is an essential skill that helps us interpret important information, succeed in school and work, and better understand the world around us. National Reading Month is a great time to revive our reading habits and celebrate the power of literature.

So go ahead, put your screens down and remember: **reading is good for your health!** Not only can it help combat Alzheimer's and dementia,* improve sleep, and reduce stress, but it can also ease loneliness and inspire success.

Need book recommendations? Try these trusted titles to support your wellness journey:

-Eat, Drink, and Be Healthy by Walter Willett
-The New American Heart Association Cookbook: Centennial Edition

WELLNESS OBSERVANCE(S)/DAYS*

- National Nutrition Month
- National Reading Month
- Developmental Disabilities Awareness Month
- National Kidney Month
- Colorectal Cancer Awareness Month
- International Women's Day: March 8, 2026

IN-SEASON PRODUCE

- Artichokes – Good source of fiber*
- Asparagus – Supports vision*
- Pears – Support digestion*
- Beets – Support blood pressure*
- Spinach – Supports energy*

*FOR ARTICHOKES AND PEARS SOURCE: Center for Science in the Public Interest. What's in season: March produce guide. February 28, 2025. Available at: CSPI.org/cspi-news/whats-season-march-produce-guide. Accessed November 24, 2025.

*FOR ASPARAGUS AND SPINACH SOURCE: Simply Recipes. What's in season - March Produce Guide. May 16, 2025. Available at: SimplyRecipes.com/collection/whats_in_season_in_march. Accessed November 24, 2025.

*FOR BEETS SOURCE: WebMD. Health Benefits of Beets. Available at: WebMD.com/diet/health-benefits-beets. Accessed November 24, 2025.

*FOR READING BENEFITS SOURCE: Centre for Adult Education. 7 Proven Reasons Why Reading Is Good For You. Available at: CAE.edu.au/news/7-proven-reasons-why-reading-is-good-for-you. Accessed November 24, 2025.

*FOR ASPARAGUS REGROWING SOURCE: North Carolina Department of Public Instruction. Fruit and Vegetable Fact Sheets. Available at: DPI.NC.gov/districts-schools/district-operations/school-nutrition/information-resources-subject/fruit-and-vegetable-fact-sheets. Accessed November 24, 2025.

*FOR WELNESS OBSERVANCES SOURCE: National Today. March Holidays. Available at: NationalToday.com/march-holidays. Accessed November 24, 2025.

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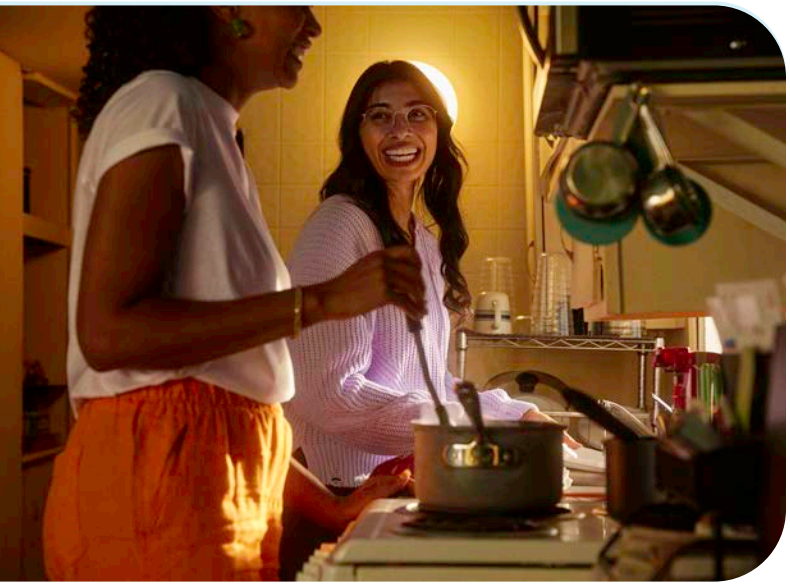
Food & connection: a deeper look

Food isn't just about nutrition — it's a powerful connector. It reflects our cultural heritage, strengthens social bonds and plays a role in emotional well-being. Understanding our relationship with food can help us make more mindful choices, improve our health and even enhance our daily routines.

Below you will find ways to explore ways to build a healthier, more intentional, connection with what's on your plate.

- **Connect to yourculture**. Celebrate cultural traditions by preparing recipes that reflect your heritage. Host a potluck and invite others to share dishes and stories from their own backgrounds.
- **Explore global flavors** to spark curiosity and create new memories. Whether it's a cuisine you've always wanted to try or a dish from a dream destination, local cooking classes are a great place to start.
- **Engage with your community** by visiting a local community garden. These spaces offer opportunities to learn about seasonal produce, connect with neighbors and deepen your understanding of where your food comes from.





- **Refresh your cooking routine** by experimenting with new methods. If cooking feels repetitive, try something different — like roasting instead of sautéing, using fresh herbs, batch cooking, or exploring meal planning. Small changes can reignite your interest and make food prep more enjoyable.
- **Understand your body's changing nutritional needs**. As we move through different life stages, our nutrient requirements shift. For example, protein is key for building strength, and as we age, it becomes even more important to help preserve muscle mass, support bone health and maintain mobility.

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Miso-butter chicken with grapefruit*

Ingredients (4 servings)

- 1 grapefruit
- 3 tablespoons unsalted butter, melted
- 3 tablespoons white miso
- 2 tablespoons mirin
- 1½ to 2 pounds boneless, skinless chicken thighs
- Salt
- 4 to 5 ounces baby arugula, or mix with other bitter greens like radicchio or dandelion greens

Nutrition:

Calories: 385 | Fat: 18g
Carbohydrate: 12g | Protein: 42g
Sodium: 744mg



Instructions

1. Arrange a rack in the upper third of the oven and heat to 425 degrees. Finely grate about 1 tablespoon grapefruit zest over the melted butter. Add the miso and mirin and whisk until smooth. Set aside.
2. Pat the chicken dry; place it in a 9-by-13-inch broiler-safe baking dish and season lightly with salt. Scrape the miso butter over the chicken and mix with your hands until well coated. Arrange in a single layer. Roast on the upper rack until cooked through and charred in spots, 20 to 25 minutes. If the tops are burning, move the dish to the middle rack. If chicken isn't browned enough, broil for a minute or two.
3. Meanwhile, cut off the top and bottom of the grapefruit and set on one of the cut sides. Follow the curve of the fruit to cut away the peel and pith, reserving the peels. Slice the fruit into bite-size pieces, removing any seeds.
4. Transfer the chicken to a cutting board to rest, then squeeze the juice from the reserved grapefruit peels into the baking dish; stir and scrape up any stuck-on browned bits. Stir in the grapefruit pieces.
5. To serve, slice the chicken. Put the arugula on a platter or dinner plates, season with salt, then drizzle with some of the grapefruit and juices from the pan. Top with the chicken and more of the grapefruit and sauce.

Grapefruit: Need to Know

Low in iron? Help your body absorb iron more affectively by pairing an iron-rich food with a food high in vitamin C, such as grapefruit with chicken like in this recipe.* Add a squirt of lime to your meat marinade, add some tomatoes to your pinto beans, add an orange for a snack with your turkey sandwich, or strawberries with your snack of pumpkin seeds.

It's important to note that grapefruit and grapefruit juice can affect how some medicines work. Please check the warning on over-the-counter medications, and consult your healthcare provider or pharmacist about any potential interactions.*

*FOR CHICKEN RECIPE: New York Times Cooking. Miso-Butter Chicken With Grapefruit. March 14, 2025. Available at: Cooking.NYTimes.com/recipes/1025782-miso-butter-chicken-withgrapefruit. Accessed November 24, 2025.
*FOR IRON ABSORBTION SOURCE: Nyakundi, P. N., Kiio, J., & Munyaka, A. W. Journal of Nutritional Science. Serum ferritin levels are associated with frequent consumption of iron- and ascorbate-rich foods among women of childbearing age in Nandi County, Kenya. February 8, 2022. Available at: DOI.org/10.1017/jns.2022.5. Accessed November 24, 2025.
*FOR GRAPEFRUIT JUICE INTERACTION SOURCE: FDA. Grapefruit Juice and Some Drugs Don't Mix. July 1, 2021. Available at: FDA.gov/consumers/consumer-updates/grapefruit-juice-and-some-drugs-dont-mix. Accessed November 24, 2025.
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