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# ENERGIZE YOUR YEAR MONTHLY THEMES TO BETTER EATING



Energize your 2017 year by promoting nutrition all year long! HealthTrust challenges YOU to encourage healthy nutrition habits by promoting the following monthly nutrition themes. Each month, Ashley Brigham, HealthTrust Wellness Advisor and Registered Dietitian, will send out your monthly newsletter related to the theme along with ideas to promote the topic at your worksite!

## **January**

National Slow Cooker Month

## **July**

National Picnic Month

## **February**

Healthy Hot Breakfast Month

## **August**

National Sandwich Month

## **March**

National Nutrition Month

## **September**

Pack your Lunch Month

## **April**

Drink More Water Month

## **October**

National Apple Month

## **May**

National Salad Month

## **November**

Meatless Monday Month

## **June**

National Fruits and  
Vegetables Month

## **December**

Beat the Bloat Month