Thank you to our sponsors:  
Trader Joes, Challenge Dairy, California Walnut Commission, Harvest Santa Barbara, Kellogg’s, General Mill’s, Berry Man, IV Co-Op, Blenders, Bob’s Red Mill, National Peanut Board and more!

www.eatright.org

Academy of Nutrition and Dietetics

UCSB Residential Dining Services & Student Health Services

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**National Nutrition Month**

**March 2015**

**Academy of Nutrition and Dietetics**

- **LUNCH**
  - **MONDAY**
    - **March 2**
      - **Food Category Focus:** Fruits/Vegetables
      - **Ask the Nutritionist**
        - Meet and ask questions of Carrie Flack RD, the Registered Dietitian at SHS and participate in Fruit Tasting
        - (Carrillo 12:00-1:00pm)
      - **Stash Tea**
        - (Ortega 11:45am-1:30pm)
      - **Fruit Tasting**
        - (Portola 12:00-1:30pm)
      - **Green Monday**
        - (DLG 11:00am-2:30pm)
  - **TUESDAY**
    - **March 3**
      - **Food Category Focus:** Protein
      - **Ask the Nutritionist**
        - Meet and ask questions of Danielle Kemp RD, the Registered Dietitian for Residential Dining and participate in Make Your Own Trail Mix
        - (DLG 12:00-1:00pm)
      - **Stash Tea**
        - (Portola 12:00-1:30pm)
      - **Skippy Peanut Butter**
        - (Carrillo 11:00am-2:30pm)
  - **WEDNESDAY**
    - **March 4**
      - **Food Category Focus:** Whole Grains
      - **Ask the Nutritionist**
        - Meet and ask questions of Danielle Kemp RD, the Registered Dietitian for Residential Dining and participate in Learning about Whole Grains
        - (Ortega 12:00-1:00pm)
      - **Kellog’s Demo**
        - (Portola 12:00-1:30pm)
      - **IV Co-Op**
        - (Carrillo 11:00am-2:00pm)
      - **Harvest Santa Barbara**
        - (DLG 12:00-1:00pm)
  - **THURSDAY**
    - **March 5**
      - **Food Category Focus:** Low Fat Dairy
      - **Ask the Nutritionist**
        - Meet and ask questions of Carrie Flack RD, the Registered Dietitian at SHS and Participate in creation your own Yogurt Parfait
        - (Portola 12:00-1:00pm)
      - **General Mills**
        - (Ortega 11:45am-1:00pm)
  - **FRIDAY**
    - **March 6**
      - **Food Category Focus:** MyPlate/Beverage
      - **Ask the Nutritionist**
        - Meet and ask questions of Danielle Kemp RD, the Registered Dietitian for Residential Dining and Participate in Learning about Whole Grains
        - (Ortega 12:00-1:00pm)
      - **Stash Tea**
        - (Ortega 11:45am-1:30pm)
      - **Kelllog’s Demo**
        - (Portola 12:00-1:30pm)
      - **IV Co-Op**
        - (Carrillo 12:00-1:30pm)
      - **General Mills**
        - (Ortega 11:45am-1:00pm)

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**DINNER**

- **MONDAY**
  - **March 2**
    - **Berry Man**
      - (Ortega 5:00-6:30pm)
    - **IV Co-Op**
      - (DLG 5:00-8:00pm)
    - **Green Monday**
      - (DLG 5:00-8:00pm)
    - **Student Health Interns**
      - (Portola 5:00-7:00pm)
  - **TUESDAY**
    - **March 3**
      - **Lean Protein Education**
        - (Ortega 5:00-7:00pm)
      - **Student Health Interns**
        - (DLG 5:00-7:00pm)
  - **WEDNESDAY**
    - **March 4**
      - **Student Health Interns**
        - (DLG 5:00-7:00pm)
  - **THURSDAY**
    - **March 5**
      - **Challenge Dairy**
        - (DLG)
      - **Low Fat Education**
        - (Carrillo 5:00-7:00pm)

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**FRESH PRODUCE DEMONSTRATIONS**

- **ISLA VISTA CO-OP DISPLAY**

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**SHS HEALTHY EATING & LIVING INTERNS**

Ask about health and nutrition

**TASTING TABLES**

**PRIZE GIVEAWAYS!**

Food, Gift Cards: Zodo’s, Blenders and more!

**INTERACTIVE DEMONSTRATIONS**

Exotic Fruit Tasting, Make Your Own Trail Mix, Whole Grains demo, Yogurt and Berries Tasting, and more!