

SENIOR NUTRITION NEWS

March 2026



March is National Nutrition Month®

March is National Nutrition Month®. This year the theme is **Discover the Power of Nutrition**. Nutrition has the power to help individuals and communities thrive. This month use these tips to discover how food and beverage choices can help power your day.



Power your day with nutrition by:

- Choosing healthful foods from all food groups. A healthy eating pattern includes fruits, vegetables, whole grains, lean protein foods, and dairy or fortified soy versions, while also limiting saturated fat, sodium, and added sugars.
- Including a variety of foods within each food group to help you get the nutrients your body needs.
- Avoiding fad diets that promote unnecessary restrictions. Fad diets advertise quick and easy solutions to common concerns, like weight loss, but they don't promote healthy or sustainable habits and may result in nutrient deficiencies.

Stay nourished on any budget by:

- Making a grocery list and sticking to it so that you are buying only what you need.
- Checking store sales when planning your meals.
- Modifying recipes to use less expensive ingredients – for example, replacing some or all the meat in a soup or casserole with beans, or using frozen or canned vegetables in place of fresh ones that aren't in season.
- Learning cooking and meal preparation skills that work with the resources you have.
- If you're eligible, accessing community resources such as SNAP and local food pantries.

In addition to the things you eat and drink, there are things you can do that also create healthy habits.

- Including physical activity in ways that work for you. Whether you enjoy group activities or those that you can do alone – there are so many ways to be physically active.
- For adults, the recommendation is to get 150 minutes or more of moderate-intensity physical activity each week. But any type and amount of activity is better than none.



Simple Ways to Add Greens to Your St. Patrick's Day Diet

- **Start with a green smoothie.** Adding leafy greens like spinach, kale, or even parsley to your morning smoothie is a quick and convenient way to get a nutrient boost.
- **Incorporate greens into salads.** Fresh salads are an easy way to enjoy a variety of greens. Try mixing baby kale, arugula, or collard greens with other salad vegetables like cucumbers, tomatoes, and carrots.
- **Sneak greens into soups and stews.** Whether it's a hearty vegetable soup or a chicken stew, adding greens like spinach, swiss chard, or bok choy to your dish enhances flavor and nutrition.
- **Go green with your snacks.** Make kale chips by baking kale leaves with olive oil and seasoning, or dip raw veggies like celery, cucumber, and bell peppers into a creamy avocado dip for a satisfying snack.



This March, as you celebrate St. Patrick's Day, remember that green isn't just for luck—it's for health, too. Incorporating vibrant green foods into your meals connects you with the spirit of National Nutrition Month, supports your well-being, and may even inspire others to eat more healthfully. Eating more greens not only nourishes your body but also fosters a healthier lifestyle, one delicious bite at a time.

Sources: <https://www.eatright.org>; <https://www.aces.edu/blog/topics/home-family/the-power-of-greens-for-st-patricks-day-and-beyond/> retrieved 02/24/26

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

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North Central Idaho: Clearwater, Idaho, Latah,
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