



March is **National Nutrition Month**

The food you eat supplies the necessary nutrients to your whole body. It is essential to know the value of good nutrition. Proper nutrition fuels your daily life and helps protect from illness! Everyday we choose what to eat, let us make the best choices we can!

This year's theme is "Beyond the Table", referring to "farm-to-fork" part of nutrition. The source of your food dictates the nutritional value of your food. Getting food from local farms is an excellent way to support your nutrition and your community! The Watchung Farmer's Market is set to begin in a few months!

