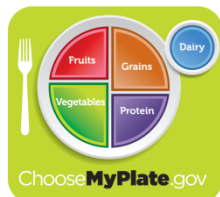


MARCH IS NATIONAL NUTRITION MONTH®



Calendar of Events



Open to the Public (all events are free of charge)

When	Event	Details
Tuesday, March 1 at 11am	Kick off March National Nutrition Month	Stamford Government Center lobby, 888 Washington Blvd
Sunday, March 6 from 3pm-4pm	<i>For the Love of Veggies</i> : for families with children ages 6-10. Presented in partnership with Fairgate Farm	The Ferguson Main Library-DiMattia Building Auditorium. Registration required, call 203-351-8242
Wednesday, March 9 at 10:15am	<i>Step Ahead</i> stories, music, and movement with a healthy theme for ages 3 to 5	The Ferguson Main Library-DiMattia Building Auditorium. Drop in program
Wednesday, March 9, 16, 23 and 30 from 11:30am-2:30pm	Learn tips on healthy eating hosted by Optimus Health Care's Nutritionist	1351 Washington Boulevard in the main lobby outside The Boulevard Café, 2nd floor
Saturday, March 12 at 11:00am	<i>Healthy Eating Storycraft</i> ; a story and craft activity for children ages 3½ to 8	The Ferguson Main Library-DiMattia Building Auditorium. Drop in program
Tuesday, March 15 from 10-11:30am & Thursday, March 17 from 5-6:30pm	Healthy shopping tours with ShopRite's Dietitian	Shop Rite, 1990 West Main Street. Registration required via cora.ragaini@wakefern.com or 203-904-0975
Thursday, March 17 at 1pm	<i>Fed Up</i> , a 2014 documentary narrated by Katie Couric	The Ferguson Main Library-DiMattia Building Auditorium. No registration required
Saturday, March 19 at 9am	<i>Family Fun Run/Walk</i> through Stamford, 3 and 5 miles, followed by free breakfast	Meet at Fleet Feet Sports, 168 Bedford Street. No registration required
Wednesday, March 23 at 12:30pm	Book discussion of Michael Pollan's <i>In Defense of Food: An Eater's Manifesto</i> , led by Cora Ragaini, Grade A Dietitian	Ferguson Main Library-DiMattia Building, 3rd floor Board Room. Registration required, call 203-351-8242
Monday, March 28, 11am	Visit Connecticut Food Bank's mobile pantry for nutrition education information	Domus, 83 Lockwood Ave
Wednesday, March 30 at 6:30pm	<i>Pajama Storytime</i> with healthy theme for children ages 3½ and up	The Ferguson Library, Harry Bennett Branch, 115 Vine Road. Drop in event

See other side for additional events.

March Nutrition Month Planning Committee: American Heart Association, Boys & Girls Club, Chartwells, Childcare Learning Centers, Connecticut Food Bank, Fairgate Farm, The Ferguson Library, Fleet Feet Sports, Hospital for Special Surgery, KIDS' FANS, Optimus Health Care, ShopRite, Stamford Health, Stamford Early Childhood Collaborative, Stamford Department of Health and Social Services, Stamford PT Council, United Way of Western CT, Vita, WIC, YMCA

Go to Stamfordhospital.org and click "events and classes" for a full listing of all March Nutrition Month events.



Affiliate: Columbia University College of Physicians and Surgeons
Member: NewYork-Presbyterian Healthcare System
A Planetree Hospital



StamfordHospital.org

MARCH IS NATIONAL NUTRITION MONTH®

Events for Schools and Adults/Children Enrolled in Specific Community Sites

When	Event	Details
Throughout the Month of March	Stamford Hospital's Registered Dietitians will have a nutrition booth and work with the executive chef and retail manager to highlight healthy items in the cafeteria. Educational materials and recipes will be provided	Stamford Hospital Cafeteria and Tully Health Center Cafe
Monday to Friday, March 7-11	<i>National School Breakfast Week</i> sponsored by Chartwells. Lunch-and-Learns taught throughout the month of March to teach students from K – High School healthy eating habits	Stamford Public Schools
Monday to Friday, March 7-11	Featuring brown bag breakfast week plus nutrition and physical fitness activities throughout March	Childcare Learning Centers
Monday, March 14	<i>Ask the Dietitian</i> ; individualized nutrition questions answered by Chartwells' Dietitian	Cloonan Middle School
Monday, March 7, 14, 21 and 28	Teacher-approved lesson plans focused on nutrition and healthy living shared via e-mail, Facebook and web-site	Stamford Early Childcare Collaborative
Wednesday, March 16 6pm – 7pm	Fairgate Farm's <i>Veggiecation</i> , Nutrition Education Cooking Class for CLC Families	CLC Palmer's Hill Child Development Center
Thursday, March 17 3pm -5pm	<i>Veggiecation</i> , a Nutrition Education Cooking Class taught courtesy of Fairgate Farm	YMCA, 10 Bell Street
Thursday, March 24 8:30am – 9:30am	Fairgate Farm's <i>Veggiecation</i> , Nutrition Education Cooking Class for young students	CLC Martin Luther King Child Development Center
Monday, March 28	<i>Chef's Table</i> sponsored by Chartwells featuring cruciferous vegetables	Hart Elementary School
Monday, March 28	Celebrate Healthy Meals at WIC with SNAP-Ed, open to WIC participants	WIC, 888 Washington Blvd