

March
2022

EAT BETTER FOR LESS



Celebrate a World of Flavors for National Nutrition Month

March is National Nutrition Month. What a perfect time to explore healthy eating choices and physical activity habits. Make a goal to try the USDA's MyPlate Plan to help you identify what and how much to eat from each food group. Then, try a new food, flavor, or recipe. Here are five more small steps you can try to eat healthier this month:



Drink water.

Start by trading a glass for one of your other daily beverages.



Choose food over supplements.

Most of the good things our bodies need come from food, not supplements. See a doctor if you are concerned.



Choose color.

When in doubt, add naturally colorful food to your plate. Bright fruits and vegetables can give you a healthy boost.



Pack your lunch.

Avoid restaurant or fast-foods, control your portions, and save some money by planning ahead at least one day a week.



Shop the perimeter or outside aisles of the store.

This is usually where the healthier food options, like produce, meat, and dairy, are located.



For more money-saving tips or to sign up for our free classes, visit <https://www.eatgathergo.org>



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Purduenep



Purdue Extension
Nutrition Education Program



Chicken Creole

Ingredients

- 1 tablespoon oil
- 1 pound boneless, skinless chicken breasts
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 cup chili sauce (about 9 ounces)
- 1 large green pepper, chopped
- 2 ribs celery, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried parsley

Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add oil and chicken, and cook until no longer pink when cut.
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, and cayenne pepper.
4. Bring to a boil; reduce heat to low and simmer, covered, for 10-15 minutes. Refrigerate leftovers within 2 hours.

Resources: <https://www.eatright.org/food/resources/national-nutrition-month>
<https://www.eatgathergo.org/recipe/chicken-creole/>

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