

March
2023

EAT BETTER FOR LESS

EatGatherGo.org

Fueling the Future: 50 Years of National Nutrition Month®

For 50 years, National Nutrition Month® has inspired us to recommit to a healthier lifestyle. With this month's theme of "Fuel for the Future," what better opportunity to consider the plans for *our* future? Now is a great time to develop healthy eating and physical activity habits! Fueling up on healthy meals now can lead to a healthier you in the future.

Celebrate National Nutrition Month® with these tips:

Pack your lunch.



Packing your lunch can help you avoid fat, select nutritious foods, and control portion sizes.



Recruit a friend.

Recruit a friend. Being healthy is so much for fun if you have someone to walk the path with you.

Get inspired!



Feeling stale in the kitchen? Try our website full of nutritious and affordable recipes here: www.eatgathergo.org/recipes/



Move!

Try a new activity like Zumba, swimming, or spinning. Make walking a priority and schedule it on your calendar. Even 5-10 minutes a few times a day can help!



Baked Cauliflower Tots

Ingredients

- 2 cups grated cauliflower (about half a medium head)
- 1 egg
- 3 tablespoons flour
- 1/4 cup cheddar cheese, grated
- 1/4 teaspoon salt

Directions

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP



Purdue Extension
Nutrition Education Program



Purduenep



<https://www.eatright.org/national-nutrition-month>, www.eatgathergo.org/recipe/baked-cauliflower-tots/

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).