



JANUARY-MARCH 2014 ARTICLES

- WEEK OF 3/31/14 - April is Soyfoods Month - Reduce Beverage Calories **(April Goal)** (Recipe: Mango Lassi Smoothie)
- WEEK OF 3/24/14 - It's Peanut Month - One Food to Boost Fiber and Protein (Recipe: 24/7 Energy Trail Mix)
- WEEK OF 3/17/14 - LUCK and GOOD HEALTH on St. Patrick's Day and Everyday (Recipe: Healthier Colcannon)
- WEEK OF 3/10/14 - March is Frozen Foods Month (Recipe: Asparagus and Broccoli Chicken Teriyaki)
- WEEK OF 3/3/14 - National Nutrition Month - "Enjoy the Taste of Eating Right" with Meatless Mondays **(March Goal)** (Recipe: Broccoli Salad)
- WEEK OF 2/24/14 - Pack a Healthy Lunch with Progresso Heart Healthy Soup
- WEEK OF 2/17/14 - Cancer Prevention with Balanced Nutrition (Recipe: Maple Roasted Vegetable Medley)
- WEEK OF 2/10/14 - Heart Healthier Valentine's Dessert (Recipe: Guilt-Free Chocolate Cake)
- WEEK OF 2/3/14 - Focus on Fats in February - More of these... and less of these!
- WEEK OF 1/27/14 - Keep Up With Breakfast... and Start Packing Lunch **(February Goal)**
- WEEK OF 1/20/14 - Healthier Winter Comfort Foods (Recipe: Cream of Broccoli Soup)
- WEEK OF 1/13/14 - Healthy Breakfast for Weight Management (Recipe: Apple Cinnamon Oatmeal with an Egg Boost)
- WEEK OF 1/6/14 - Birth Defects Awareness - Folic Acid (Recipe: Spinach Pasta Toss)