

MARCH 2017

# NUTRITION + HEALTHY LIVING MARKETING PLANNER

*Make a Splash in National Nutrition Month®*



# Thank you!

Are you ready to make a SPLASH with the content you share during National Nutrition Month®?

You have taken the first step by downloading this guide filled with health and wellness dates being celebrated during the month of March!

Use this to plan your newsletter and blog content as well as what you will share in social media outlets. Be creative. Think about who your audience is and what your ideal client is interested in?

If you are eager to share more with your community but don't have enough time to create the content, check out our March Social Media Meme Bundle as well as our newsletter service.

Latest articles and blog content for March includes:

- Nutrition Newsletters: National Nutrition Month® Put Your Best Fork Forward
- Inspired Living Newsletter: Small Changes = Big Results

Here is planning #healthycontent in 2017!

*Yvette*  
QUANTZ RDN  
CSSD  
LDN





# MARCH

## **In this month we celebrate:**

National Nutrition Month®  
National American Red Cross Month  
National Athletic Training Month  
National Colorectal Cancer Awareness Month  
National Endometriosis Month  
Brain Injury Awareness Month  
National Kidney Cancer Awareness Month  
Multiple Sclerosis Awareness Month  
Learning Disabilities Awareness Month  
Peanut Month  
National Fresh Celery Month  
National Frozen Food Month  
National Flour Month  
National Caffeine Awareness Month

## **During this week we celebrate:**

- 1-7: National Collegiate Health and Wellness Week
- 5-12: Brain Awareness Week
- 7-13: National Sleep Awareness Week
- 8-12: National School Breakfast Week



# MARCH

On this day we celebrate:

March 1st  
Fruit Compote Day  
Peanut Butter Lover's Day

March 2nd  
Banana Cream Pie Day  
Old Stuff Day

March 3rd  
Cold Cuts Day  
I Want You to be Happy Day  
National Day of Unplugging

March 4th  
Pound Cake Day  
Hug a G.I. Day

March 6th  
Frozen Food Day  
International School Meals Day

March 7th  
Be Heard Day  
Cereal Day

March 8th  
Registered Dietitian Nutritionist Day  
International Women's Day

March 9th  
Crabmeat Day  
Get Over it Day  
Meatball Day

March 10th  
Pack Your Lunch Day  
World Kidney Day  
Women and Girls HIV/AIDS  
Awareness Day

March 11th  
Johnny Appleseed Day  
Oatmeal Nut Waffles Day

March 12th  
Girl Scout Day  
Plant a Flower Day  
Daylight Saving Time

March 13th  
Coconut Torte Day  
Chicken Noodle Soup Day  
Take a Nap Day

March 14th  
Potato Chip Day

March 15th  
Kick Butts Day  
Agriculture Day

March 16th  
Artichoke Hearts Day

March 17th  
St. Patrick's Day

March 18th  
Supreme Sacrifice Day  
Awkward Moments Day  
Sloppy Joe Day

March 19th  
Let's Laugh Day  
Poultry Day  
Chocolate Caramel Day

March 20th  
Ravioli Day  
Spring Begins

March 21st  
California Strawberry Day  
Common Courtesy Day

March 22nd  
World Water Day

March 23rd  
Chia Day  
Chip and Dip Day

March 24th  
Chocolate Covered Raisin Day

March 25th  
Pecan Day  
Diabetes Alert Day

March 26th  
Spinach Day

March 27th  
Spanish Paella Day

March 28th  
Black Forest Cake Day  
American Diabetes Association Alert Day

March 29th  
Lemon Chiffon Cake Day  
Mom and Pop Business Owners Day

March 30th  
Doctors Day  
Take a Walk in the Park Day

March 31st  
Clams on the Half Shell Day  
Tater Day

