

Other ways to promote good nutrition at your company during the month of March:

- The American Cancer Society offers the [5 A Day in Worksites guide](#) that provides great activities and suggestions to help associates incorporate more fruits and vegetables into their diets.
- Create computer screen savers featuring a good nutrition theme, which encourages incorporating more healthy foods into meals.
- Display posters/flyers, etc. that educate patients, associates and guests about the federal dietary guidelines and the [MyPlate initiative](#).
- Conduct a cooking demonstration in your cafeteria using a heart-healthy recipe or feature healthier meals and other foods that can help prevent or control heart disease.
- Advocate for healthier snack options in the vending machines around your campus.
- Providing promotional items featuring nurse line phone numbers and reminders to get annual physicals at any events your company is sponsoring this month.