

# March is National Nutrition Month



## Banana Blueberry Smoothie



**Prizes include:**  
Nintendo Wii, IPOD touch,  
Bicycle, Goodie Bags &  
Gift Cards

*What: Free  
Smoothie Samples!*

*When: March 14  
during lunch*

*Where: Cafeteria*

*Why: To promote  
the health benefits  
of berries*

*Who: Chartwells  
Dietetic staff*

**Fun Times,  
Great Prizes!**

Every student  
willing to try  
these delicious  
and nutritious  
smoothies will be  
entered into the  
prize raffle head  
at the end of  
National  
Nutrition Month