NATIONAL NUTRITION MONTH

#UTACARES #NATIONALNUTRITIONMONTH

POP-UP FOOD PANTRY
MAC, 1PM-3PM
FOUR SAINTE FOOD BANK IN COLLABORATION WITH THE UNITARIAN CHURCH AND ISA WILL BRING 50 PRE-PAKAGED MEAL KITS TO CAMPUS TO ADD STUDENTS WITH FOOD NEEDS.
MARCH 2ND

MEET THE DIETITIAN
MAC, 12PM-2PM
COME MEET STECKE ELLIS. THE CAMPUS RECREATION DIETITIAN SHE WILL BE AVAILABLE FOR Q&A. NUTRITON TIPS AND HACKS. SOME INTERACTIVE AND EDUCATIONAL NUTRITION GAMES. MORE DON'T MISS HER! RECEIVE 50% OFF ALL NUTRITION CONSULTATIONS THIS MONTH.
MARCH 4TH

CALCULATE YOUR MACROS
MAC, 11AM-1PM
PRECISION NUTRITION LEVEL I COACH AND MEC-OPT. CHASE WHITE WILL BE AVAILABLE TO TALK NUTRITION TRAINING AND SUPPLEMENTS HELP YOU CALCULATE ENEGY NEEDS AND MACROS BASED ON YOUR GOALS. AND PROVIDE TIPS AND HANDOUTS TO ENSURE YOUR SUCCESS.
MARCH 5TH/7TH/24TH

BITE CLUB
BLUEBONNET, UC, 11AM-1PM
THIS DELICIOUS PROGRAM ALLOWS STUDENTS TO CONNECT BY DISCUSSING HEALTHY EATING HABITS AND EXPLORING QUICK-EASY RECIPES. BITE CLUB IS A MONTHLY EVENT ON-CAMPUS AND PROVIDES A PLETHORA OF TASTY SNACKS FOR STUDENTS ON THE GO.
MARCH 6TH

RESIDENCE HALL COOKING DEMOS
LIPSOMBA HALL, 6PM
RESIDENT DIRECTORS WILL COLLABORATE WITH LIBRARY EXPERIMENTAL LEARNING STAFF TO PROVIDE INTERACTIVE AND EDUCATIONAL COOKING DEMOS. OPEN TO RESIDENT HALL STUDENTS ONLY.
MARCH 6TH

RESIDENCE HALL COOKING DEMOS
TRINITY HOUSE, 7PM
RESIDENT DIRECTORS WILL COLLABORATE WITH LIBRARY EXPERIMENTAL LEARNING STAFF TO PROVIDE INTERACTIVE AND EDUCATIONAL COOKING DEMOS. OPEN TO RESIDENT HALL STUDENTS ONLY.
MARCH 18TH

TEACHING KITCHEN
MAVERICK CAFE, 2PM-3PM
LEARN COOK, AND ENJOY! TEACHING KITCHEN IS BACK AND CHARTWELLS CHEFS ARE READY TO SHARE SOME OF THEIR TIPS AND TECHNIQUES FOR COOKING.
MARCH 21ST

FOOD FOR THOUGHT:
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FOOD PANTRY
TRI-C, 1PM-2:30PM
THE UTA VOLUNTEERS AND TRI-C FOOD PANTRY PROVIDE STUDENTS WITH THE OPPORTUNITY TO RECEIVE A MIXTURE OF NON-PERISHABLE FOODS TO SUPPLEMENT THEIR MONTHLY FOOD COSTS. THE UTA FOOD PANTRY IS OPEN FOR DISTRIBUTIONS ON EVERY OTHER THURSDAY FROM 1-00 PM-2:00 PM AT THE TRI-C CAMPUS MINISTRY LOCATION ACROSS THE STREET FROM THE J.C. STORMKIDS. THE FOOD PANTRY OPEN TO ANY UTA STUDENT, FACULTY OR STAFF MEMBERS WITH A UTA ID.
MARCH 26TH

SPONSORS:
CAMPUS RECREATION
UTA VOLUNTEERS & TRI-C
HEALTH SERVICES
OFF-CAMPUS MAVERICKS
DEPARTMENT OF KINESIOLOGY
FOUR SAINTE FOOD BANK & ISA
APARTMENT AND RESIDENCE LIFE
UTA LIBRARIES
CHARTWELLS