



March is Wellness Newsletter National Nutrition Month

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March Activities

Build a Better Plate Workshop

Residents participate in a hands-on activity assembling balanced meal plates while learning proper portion sizes and importance of protein, fruits, vegetables, and whole grains.



Healthy Recipe Demonstration & Tasting

Staff or dietary teams prepare a simple, nutritious recipe while discussing healthy ingredient swaps and encouraging residents to sample and discuss flavors.

Nutrition Trivia or BINGO A fun group activity incorporating nutrition facts and healthy aging tips to reinforce learning in an engaging way.

Therapy Corner



Host a Planting Party for National Nutrition Month

Invite residents to celebrate National Nutrition Month by planting herbs or small vegetables like basil, mint, parsley, tomatoes, or peppers. Set up tables with pots, soil, starter plants or seeds, and simple decorating supplies so residents can personalize their planters. Play light music and offer healthy refreshments such as fruit-infused water or herbal tea to create a festive, social atmosphere. Encourage conversation by sharing fun nutrition facts and asking residents about favorite recipes or gardening memories. End the event by placing plants in a shared garden space or sunny windowsill and planning a future harvest day to enjoy what everyone has grown together.

Events & Outreach

"Nourish to Flourish" Pop-Up

Deliver healthy snacks to your referral partners for National Nutrition Month. Let them know the ways your dietary department focuses on health and wellness for residents.

Healthy Habit Spotlight Day

Host a themed wellness day at a community event featuring nutritious snack options or hydration stations while sharing simple educational tips on how nutrition supports strength and recovery.

Outcome-Based Marketing for Nutrition

Highlight your facilities patient outcomes for your referral partners, such as:

- % of patients maintaining weight
- Dining Room Programs
- Swallowing program success
- PEG-to-PO transitions

Social Media

"Nourish to Flourish" Tip Series

Post one weekly nutrition tip highlighting how your dietary team focuses on the health and wellness of your residents. Post photos of the wonderful meals your facility prepares.

Nutrition in Action

Share photos or short clips of residents participating in cooking demos, nutrition workshops, or therapy activities connected to meal preparation or independence.

Example Caption Tone:

"This month, we're celebrating National Nutrition Month by helping residents nourish their bodies to stay strong, independent, and thriving. Healthy choices today help support wellness for tomorrow."

Share the fun! Send your photos to SocialMedia@reliant-rehab.com