

NATIONAL NUTRITION MONTH® 2015

NUTRITION WEDNESDAY

BAPTIST MEMORIAL DESOTO HOSPITAL IN SOUTHAVEN, MS



March 4, 2015

Healthy Eating Wednesday

A team of dietitians at Baptist Memorial Desoto Hospital in Southaven prepares a booth in the lobby of their facility every Wednesday, which promotes healthy eating habits throughout the month of March in order to celebrate **National Nutrition Month**.

The team kicked off the week with a poster regarding Sodium-free Seasoning and distributing Morrison Education Handouts to the visitors. The chef demonstrated a low sodium hummus recipe with samples. One of the RD's educated the public while wearing a banana costume! Visitors were encouraged to complete a Nutrition Sudoku puzzle in order to be entered to win a door prize.

