



Food ConnectsUs

2025 NATIONAL NUTRITION MONTH®

A Campaign by the Academy of Nutrition and Dietetics

CELEBRATE NATIONAL NUTRITION MONTH® WITH US ON MARCH 20!

Enjoy free popcorn in celebration of National Nutrition Month®. Join us to connect over food and chat with DHMC dietitians and diet techs. Test your nutrition trivia for a chance to win fun food prizes.

Visit us anytime from **11:00 am - 2:00 pm** in the
DHMC Main Dining Room (seating area)
Look for our event poster!

For more information email
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Brought to you by DHMC
Food and Nutrition Services
and Employee Wellness



Not at DHMC?

Access DIY resources with the QR code