



National Nutrition Month[®]

2024

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, and at games and events. This theme also includes sustainability, decreasing food waste from school and work to home and beyond. Please visit eatright.org/national-nutrition-month to find more information and resources for National Nutrition Month[®] 2024.

What is included in this packet?

- “Beyond The Table” inspires us to look at where and how our food is grown, the nutrition it gives us, where we eat, and the impact it has on our planet:
 - Beyond The Table
 - Healthy Eating on the Run: A Month of Tips
 - Smart Tips for Successful Meals
- Go “Beyond the Table,” with Gordon Food Service and see what Stewardship means to us.

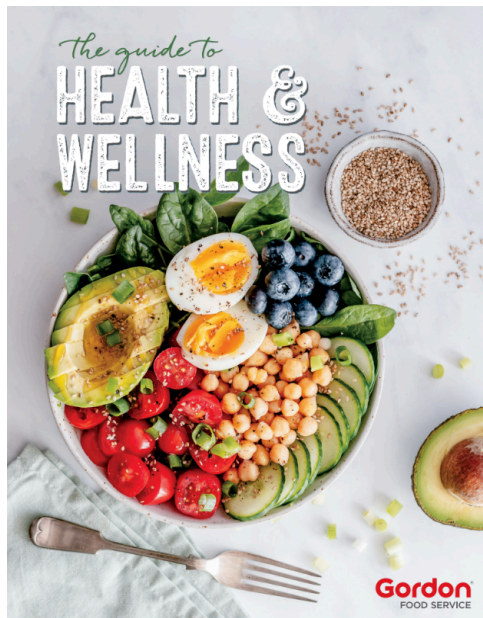
WHAT STEWARDSHIP MEANS TO GORDON FOOD SERVICE

Stewardship at Gordon Food Service is the **responsibility** of demonstrating care for our **people**, our **environment** and our **communities**. We partner with responsible partners, understand our environmental impact, care for our employees and contribute to our communities.



- Don't know where to start with your sustainability menu make-over? Check out, From [Farm to Fork: Menu Makeovers are Part of Growing Sustainability Movement](#)
- Use our Gordon Food Service Clear Choice Filters to find a variety of healthy, diverse ingredient options such as:
 - Cleaner Ingredients
 - Fair Trade
 - Gluten free
 - Vegan and vegetarian
 - Woman-Owned supplier

- Fun and informative activities to engage both adults and children in healthy eating:
 - Fact or Fiction handout
 - Fill in the blanks game
 - Coloring sheet
 - Word search
- Enjoy these recipes around the table or at the next event. Located on GFS.com under Get Inspired and ready to use in Cycle Menu Management:
 - [Baked Oatmeal](#)
 - [Vegetable Frittata Shakshuka](#)
 - [Chia Seed Breakfast Pudding](#)
- [Foodservice Training Topics](#) available on Gordon Experience>Resources, include pre- and post-tests, slide deck presentations, activity ideas, and certificates of completion.
 - [Reducing Food Waste](#)
 - [Going Green in the Kitchen](#)
 - [The Mediterranean & DASH Diet](#)
 - [Real Food First](#)
 - [Healthy Eating: Understanding, Impact and Opportunities](#)
 - [Receiving and Storage](#)
- The [Health and Wellness Guide](#) available on Experience → Resources



- Provides an abundance of information, ideas, tips, and guidance that relate to health and wellness.
- Explore Trust20.co for Food Safety resources training and certification
- The Nutrition Resource Center has a staff of Registered Dietitians available Monday through Friday, 8am - 5pm EST to answer your nutrition questions via our email nrc@gfs.com. We're here to help!



The Nutrition Resource Center Team Can Help!

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Beyond the Table

This year's theme for National Nutrition Month® inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.



School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

These are a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

You also can grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches and other places may offer community gardens where you can participate in the growing process and share in the harvest.

Not quite ready to get your hands in the dirt? Many local farms offer programs, which include "farm shares" of produce during a growing season. Depending on the farm, additional products such as eggs or meat might be included.



Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks.

National Nutrition Month® is a great time to start thinking about how you can go *Beyond the Table* to improve both your health and the planet's.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

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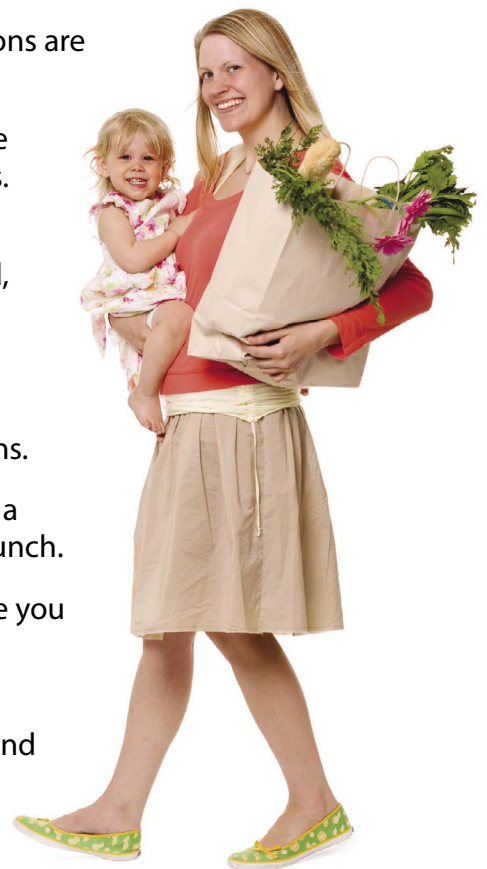
Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Healthy Eating on the Run: A Month of Tips

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or choose a salad with grilled chicken or seafood as your main course.
11. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).



14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
24. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
26. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
27. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

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Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood



Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious.

You can create healthy and tasty meals without a recipe.

For example:

- Baked fish with sautéed veggies and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.



Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.
- Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

Find more healthy eating tips at:

eatright.org

kidseatright.org

MyPlate.gov

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Are the statements below **FACT or FICTION?**

Circle the correct answer

1	Half of our plate or bowl should be filled with vegetables and fruit.	FACT or FICTION
2	Our bodies cannot digest dietary fiber.	FACT or FICTION
3	Only older adults need to be concerned about bone health.	FACT or FICTION
4	At least 60 minutes of physical activity is recommended daily for kids 6 to 17 years old.	FACT or FICTION
5	Saturated fats are healthier than unsaturated fats.	FACT or FICTION
6	One cup of cooked or raw vegetables (except for leafy greens) count as a 1 cup serving.	FACT or FICTION
7	There are 5 Food Groups.	FACT or FICTION
8	All breads made with whole wheat flour are whole grains.	FACT or FICTION
9	Foods that provide water can count towards our fluid intake.	FACT or FICTION
10	Registered dietitian nutritionists are experts in food and nutrition.	FACT or FICTION



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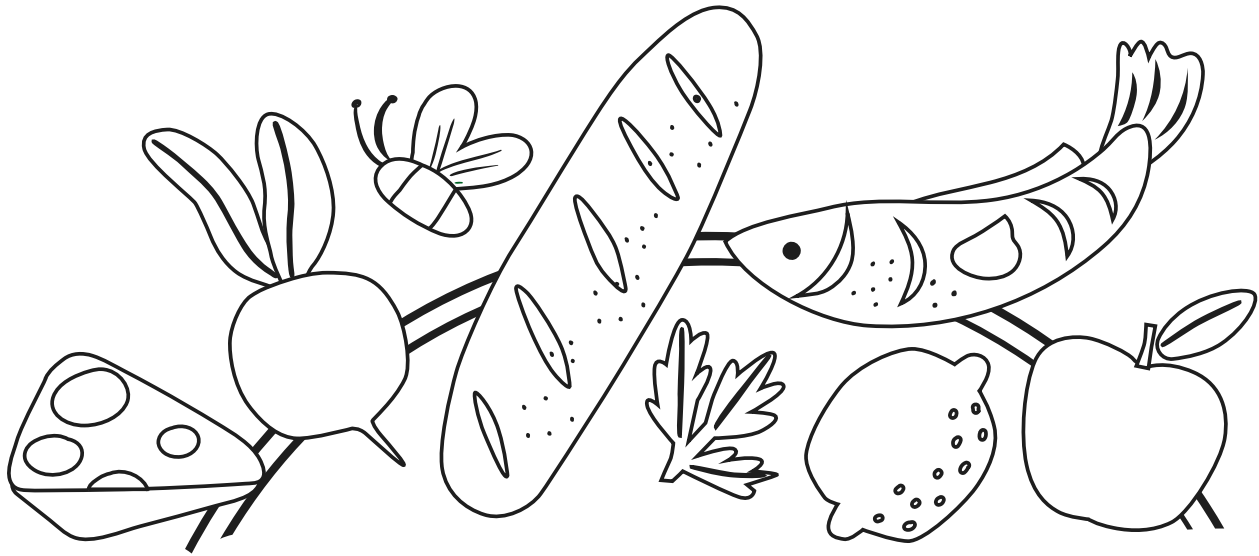
ANSWERS

1	According to <u>MyPlate</u> , fruits and vegetables should make up half our meal. The other half is divided so that it includes a protein food and some type of grain. A serving of dairy on the side makes sure that each food group is represented.	FACT
2	Dietary fiber provides many health benefits even though the human body is not able to digest it. Most Americans don't eat enough vegetables, fruits, and whole grains which provide dietary fiber.	FACT
3	Although we tend to think about the health of our bones when we get older due to the risk of osteoporosis, consuming enough nutrients, like calcium and vitamin D, at a young age is important for building strong bones early in life. Bone-strengthening activities, like jumping rope or running, is another way to help promote bone health.	FICTION
4	Sixty minutes or more of moderate-to-vigorous physical activity is recommended daily for school-age children. Adults are encouraged to move more during the day and to aim for at least 30 minutes of physical activity on most days of the week. All types of activity are beneficial and count towards physical activity.	FACT
5	It's actually the opposite — unsaturated fats are healthier than saturated fats. Ways to reduce saturated fat include replacing solid fats, like butter, with oils; selecting lean meats, fish and plant-based proteins like beans and tofu; and choosing low-fat or fat-free dairy. You can review the amount of saturated fat in foods and beverages by looking at the Nutrition Facts label.	FICTION
6	For vegetables other than leafy greens, a 1-cup serving is the same whether the vegetable is cooked or raw. The amount that counts as a 1-cup serving for leafy greens is one cup cooked or two cups fresh.	FACT
7	<u>MyPlate</u> represents the five food groups, which are: Fruits, Vegetables, Grains, Protein Foods, and Dairy.	FACT
8	For foods to be considered a whole grain, "whole wheat" or some other type of "whole grain" must be listed as the first ingredient (or second ingredient after water).	FICTION
9	Although it's important to drink water throughout the day, foods like fruits and vegetables also contain water and contribute to our fluid intake.	FACT
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.

Sources: MyPlate.gov and U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov), and U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, DC: U.S. Department of Health and Human Services; 2018. Available at <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.

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BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH®



FILL IN THE BLANK

Fill in the following blanks for tips on ways to help in the kitchen!

Let's get ready to _____! (Hint: rhymes with "book")

1	Before you start, _____ your hands for at least 20 seconds with soap and water. This step is important before preparing or eating food.
2	A _____ includes a list of ingredients and directions on how to prepare a food. A few examples of where it may be found include on a card from a friend or family member, in a cookbook, or online.
3	_____ cups and spoons are used to help you get the amounts just right. These utensils usually come in different sizes, such as $\frac{1}{4}$ or $\frac{1}{2}$ cup and 1 teaspoon or tablespoon.
4	Wooden spoons can be a helpful tool for _____ dough or stirring soup.
5	Ingredients like flour and eggs and raw dough need to be cooked before _____.
6	A _____ is used after washing produce to remove the skin or peel from fruits and vegetables.
7	Separate _____ boards and utensils are needed when preparing foods like fruits and vegetables and raw meats. This helps prevent spreading germs from raw foods to foods that are ready-to-eat.
8	Metal _____ are needed to cook soup, pasta, or beans on the stove. Their size usually depends on the amount being cooked.
9	Always use an _____ (2 words) or potholder when reaching for a hot pot or pan to avoid getting burned.
10	When it's time to clean up, make sure leftover foods are stored in the refrigerator or _____ right away.
Bonus: Using a _____ (2 words) is the only way to make sure foods have been safely cooked to the appropriate internal temperature.	

Following these tips can help keep you and your food safe!

Visit eatright.org for more tips on Food Preparation and Home Food Safety.



ANSWERS

1. Wash 2. Recipe 3. Measuring 4. Mixing 5. Eating 6. Peeler 7. Cutting 8. Pots 9. Oven mitt
10. Freezer **Bonus:** Food thermometer



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WORD SEARCH

Beyond the Table: At the Farmers Market

Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R



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ANSWERS

