



newsletter

March 2025

National Nutrition Month: Eat Well, Bee Well!

March marks National Nutrition Month, and the 2025 theme, “Eat Well, Bee Well,” reminds us that what we eat not only affects our personal health but also the health of the planet. By choosing nutrient-rich foods and supporting sustainable practices, we can nourish both ourselves and the world around us.

The Power of Eating Well

Eating well is the foundation of good health. Nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and healthy fats provide our bodies with essential vitamins, minerals, and antioxidants. These nutrients help reduce the risk of chronic diseases, support strong immune systems, and improve energy and mood. By focusing on a well-balanced diet, we can improve our overall well-being and prevent many common health issues.

Why "Bee Well"?

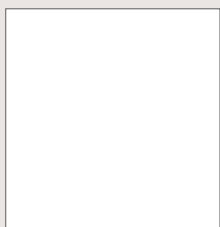
The theme also highlights the importance of protecting the environment, with a special nod to the critical role bees play in our ecosystem. Bees are essential for pollination, which helps produce many of the fruits and vegetables that form the backbone of a healthy diet. Without healthy pollinators, our food supply would suffer, underscoring the need to make sustainable food choices that benefit both our bodies and the environment.

Sustainable Eating for a Healthier Planet

Eating well doesn't just mean choosing nutritious foods—it also means considering the environmental impact of those choices. Supporting local and organic produce, reducing food waste, and incorporating more plant-based meals are simple steps we can take to make a positive difference. By choosing foods that are produced in sustainable ways, we help protect natural resources and ensure a healthier planet for future generations.

Get Involved This March

This National Nutrition Month, embrace the "**Eat Well, Bee Well**" message by exploring ways to improve your diet and reduce your environmental footprint. Whether it's trying a new plant-based recipe, learning about sustainable farming practices, or supporting local food systems, every step you take makes a difference. Let's fuel up with foods that nourish our bodies and the planet—because when we eat well, we truly *bee* well!



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Peanut Butter and Banana Whole Wheat Pancakes



INGREDIENTS

- 2 cups reduced-fat buttermilk
- 1/3 cup smooth natural peanut butter
- 3 egg whites
- 2 tablespoons honey
- 1 ½ cups whole wheat flour
- Pinch of kosher salt
- ¼ cup quick-cooking oats
- 1 teaspoon baking soda
- 1 ½ cups chopped banana (about 2 large bananas)
- 3 tablespoons maple syrup, to serve
- ¼ cup walnuts (optional garnish)

INSTRUCTIONS

1. In a medium bowl, add buttermilk, peanut butter, egg whites and honey, stirring together with a spatula to combine. In a small bowl, add flour, oats, salt and baking soda. Add dry ingredients into the wet ingredients, using a spatula to stir together until just combined.
2. Let the batter rest for about 10 minutes. Then gently stir in the chopped bananas.
3. Spray a large nonstick pan with cooking spray and warm it over medium-high heat. Portion 1/3 cup amounts of batter on the pan. When bubbles appear on the edges of a pancake, flip it over with a spatula and slightly flatten it with the back of the spatula. Cook until each side is browned, a few minutes per side. Transfer to a plate. Continue with remaining batter, coating the pan with cooking spray when needed, until all the batter has been used.
4. Serve pancakes with maple syrup and walnuts.

NUTRITION FACTS

Calories: 300, Carbs: 50g, Protein: 9g, Fat: 8g , Sat. Fat: 2g, Sodium: 334mg, Fiber: 3g

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