



Nourish Your Body, Fuel Your Life

March is National Nutrition Month, a great time to focus on making healthy food choices to support overall well-being. Nutritious food powers our bodies, helping us to feel good and be our best selves at work and at play.



Healthy Habits for Individuals

- » **Prepare balanced meals.**
Aim for a mix of protein, healthy fats, fiber, and colorful fruits and vegetables.
- » **Create a routine that works for you.**
Keep nutritious snacks on hand, or choose a reliable go-to breakfast.
- » **Eat mindfully.**
Slow down, savor flavors, and check in with your hunger and fullness cues to consume only what your body truly needs.
- » **Stay hydrated.**
Keep a water bottle handy. Water supports mood, energy, digestion, and overall vitality.



Team Activities That Support Healthy Eating

- » **Order energizing foods for meetings or events.**
Choose fresh fruits and vegetables, whole grains and unsweetened beverages.
- » **Host a healthy recipe challenge.**
Share simple, energy boosting recipes with your team.
- » **Plan a “Thrive” potluck.**
Encourage everyone to bring dishes with fresh, wholesome ingredients.
- » **Think outside the (donut) box.**
Celebrate team success without sweet treats — group walks, small appreciation gifts, or fun activities.

In March, join the **Go KP Thrive Challenge** to develop healthy habits and give yourself a chance to win a prize! Do it individually or work toward select goals — such as the healthy recipe contest or the sugar free zone — as a team. Visit kp.org/gokp to learn more.



SMARTIE GOAL: During March, team members will commit to **at least one individual healthy eating habit** and **at least one team activity**. We will use the Go KP Thrive Challenge to track our progress. All team members — including hybrid, remote, and on site staff — will have opportunities to participate.

