



## Celebrate National Nutrition Month

In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month®. The 2022 theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusion, plus showcases the expertise of registered dietitian nutritionists.

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of registered dietitian nutritionists – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals

Small goals can have a cumulative, healthful effect. Every little bit of nutrition is a step in the right direction! Some simple ways to get started include planning nutritious, tasty meals in advance and learning how to prepare them at home. Eat a variety of nutritious foods from all of the food groups and take time to read Nutrition Facts Labels. For personalized nutrition advice, consult a registered dietitian nutritionist in your area. For more nutrition tips, visit the Academy of Nutrition and Dietetics at [eatright.org](http://eatright.org).

Throughout March, embrace the foods and flavors of your heritage and other global cultures. Trying foods and recipes from various cultures is a great way to incorporate different flavors and healthful ingredients.

### Workshop Dates:

Lunch N' Learn: Tuesday, March 15th at 12pm at Person County Office for \$5

Virtual Zoom: Tuesday, March 22nd at 12pm online for free. Register online at [go.ncsu.edu/fcsregistration](http://go.ncsu.edu/fcsregistration)

Granville Workshop: Tuesday, March 29th at 10am at the North Granville Senior Center on Hwy 15S in Stovall.

Cooking Fresh Veggies: Thursday, March 31st at 5:30pm at Berea Branch Library at 1211 Hwy158 in Oxford.



**NC COOPERATIVE EXTENSION**

**NC Cooperative Extension  
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### Chicken Veggie Wrap Serves 5

- 1 lb. boneless, skinless chicken breast halves
- 2 tsp dried rosemary or Italian seasoning
- 1 (14oz) can chicken broth, reduced sodium
- 1 (7.25oz) jar roasted red bell peppers
- 1 medium green bell pepper, minced
- 4 oz light cream cheese, softened
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper
- 2 cups shredded romaine
- 4 (10in) flour tortillas

Place the chicken, rosemary and broth in skillet; cover. Simmer until the chicken is cooked to 165° F. Cool slightly and slice into thin strips. Mince half of the roasted peppers; set aside. Combine the red and green bell peppers, cream cheese, garlic powder, cumin and cayenne. Spread the mixture over each tortilla. Place the chicken evenly among the 4 tortillas. Top with the remaining roasted peppers and romaine.

Source - Academy of Nutrition & Dietetics - [eatright.org](http://eatright.org)