

Celebrate National Nutrition Month with VT Dining Services

March is National Nutrition Month, and this year's theme is "Put Your Best Fork Forward." Virginia Tech Dining Services is celebrating by hosting a week-long event, March 20th-23rd, to help you live nutritiously and put your best fork forward! Read below for details on this exciting event.

March 2017

Step 1: Obtain your passport

Passports will be distributed at D2 during the week of March 13th or on the first day of the event. Your passport will serve as your travel guide throughout the week.



Step 2: Travel to selected dining centers

Follow the riddles in your passport, and highlighted below, to earn a stamp from each dining center. At the end of the week, students with a completed passport will receive a free t-shirt and be entered into our grand prize drawing.

Step 3: Earn your stamps

Visit the National Nutrition Month booth during lunch or dinner, and earn a stamp by showing how you put your best fork forward. A completed passport will have four stamps from each dining center.

Step 4: Turn in your passport

Collect your free t-shirt on March 23rd and be entered into our grand prize drawing. We hope you enjoyed exploring all the delicious meals Virginia Tech has to offer!

Monday

Are you hungry, what will you do? Go to D2 and eat a lean or plant based protein that satisfies you!

Wednesday

Concerned about your heart? It's time to be smart. Grab a friend and eat a dinner with heart healthy fats at West End.

Tuesday

Owens Hall, has it all. To earn your second stamp, don't refrain... enjoy a hearty plate of whole grains.

Thursday

Protect yourself from cell damage. But how will you manage? Go to Turner Place and load your plate with antioxidants to earn an ace.



For further details about the event, please contact Virginia Tech Dining Services.

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 Virginia Tech
Division of Student Affairs