

LET'S CELEBRATE NUTRITION IN MARCH

Fuel your body

with good nutrition

Join our Challenge

Take a habit tracker
Complete each of the following and earn a small incentive prize.

Boost your food IQ by Attending a Well-being Webinar

Headpace Meditation Thursday, March 6 11 - 11:30 a.m. CT

Mealtime Tips for Your Modern Family Tuesday, March 11 1 - 2 p.m. CT

Inflammation, Diet and Disease Tuesday, March 25 11 a.m. – noon CT

Mindful Wednesday: Mindful Eating Wednesday, March 26 noon – 12:30 p.m. CT

Visit the Well-being Center of Excellence JonesLink page to add to your calendar

Add more fruits and vegetables to your plate

Make a healthy food swap i.e., Veggies for Fries

Bookmark Feed Your Potential to favorites

And read an article, try a recipe, or listen to a podcast

Choose a non-sugary beverage

Limit processed foods i.e. Chips, White Breads, Candy

**Feed Your
Potential
Scan Here**



Edward Jones

Well-being: You be YOU!



Mental



Emotional



Physical



Financial



Social

ARAMARK @EDWARDJONES.COM