

March 2018

chartwells
eat. learn. live.



March National Nutrition Month

Fun Facts:

- Cruciferous vegetables are rich in fiber, vitamins, minerals and photochemicals. They are an excellent source of vitamin C and good sources of manganese.
- We eat about 6 pounds of broccoli each year—4 times more than 30 years ago
- Cruciferous vegetables are vegetables of the fami Brassicaceae and get the name of cruciferous (meaning “Cross-Bearing) from the shapes of the plants flowers, which have four petals resembling a cross



nutrislice

Easy to access, real time digital menu and nutrition information for you, our valued Amity community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone

**Join us every
Thursday for our live
Action Station with
Chef Shari**



**Our Traveling
Chef Program
is in Full Spring
Swing at Amity
join us monthly
for this event**



Save the Date
April 27, 2018
Bethany Community School
5K
Fun Run
Health Fair