Nutrition Month

Choose your plate! A proper diet can make food into medicine.

Irish, Greek, and Woman’s History Month

The month of March in the U.S. has many to honor and recognize. Ireland, most reflected for St Patrick’s Day, has many more unique customs. Did you know Halloween originated from an Irish festival called Samhain?

It is also Greek American heritage month, who as well have much rich cultural customs to observe. Such as their influence on the English language, the many architectural museums, and the iconic mythical tales. In both ancient and modern times, they presented various exciting artistic practices!

Among these countries and the rest of the world, women have played a higher role year after year. For women’s history month, discover their historical achievements that lead to gender equality. It was a long struggle that took patience, courage, and determination, but the vision of men and women to stand shoulder to shoulder became a rewarding accomplishment. March 8th is the date of International Women’s Day.

Monthly Lunch: March 17th

Join Sodexo for the St Patrick’s Day lunch with corn beef and cabbage as the main serving!

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Spring Strawberry Banana Dessert
(Courtesy of Liz Ashley)

(Prep-time 15 min + Chilling)

Ingredients:
- 3 Medium bananas, sliced
- 1 Angel food cake (6-10 ounces) cut into 1-inch cubes.
- 1 pint fresh strawberries sliced
- 2 packages (6oz) strawberry gelatin
- 2 cups boiling water
- 1 ½ cups cold water
- 1 small package whipped topping

1) Layer banana slices and cake cubes in a 9 x 13 inch dish applied with cooking spray. Place strawberries over cake and press down gently.

2) In a small bowl dissolve gelatin in boiling water, stir in cold water. Pour over strawberries. Refrigerate for 3 hours or until set. Top with whipped topping.