

National Nutrition Month Activities at OMC

“Nutrition from the Ground Up”

Olympic Medical Center’s goal is to build employee awareness of the role of nutrition and health by providing opportunities for sampling healthy, flavorful foods and providing accurate, useful nutrition information. Listed below are planned activities OMC is involved with during the month of March.

Planned Activities

1. Taste of the Market

Olympic Medical Center will kick things off at 2:30 p.m. Tuesday, March 2 at the “Taste of the Market,” with a tasting session featuring Seasons Café Executive Chef Matthew Fineout and his team as part of the OMC Farmers Market showcase. As an extra bonus, all shoppers will receive a 10% discount at OMC/Nash’s Farmers Market during the month of March.

2. “Parade of Pyramids”

A poster will be placed in the Season’s Café entrance displaying a variety of different pyramids for different purposes. For example, there will be a picture of the standard pyramid, a pyramid for seniors, a pyramid for active people, etc. Take a look and see which pyramid best fits your specific lifestyle or the lifestyle you would like to have.

3. Power Plates

During March, Season’s Café will be serving “power plate” specials designed to keep you healthy. Each meal will have a display of its nutrient information, making it easy for you to keep track of your calorie intake. If you purchase a power plate, you will receive a ticket and be entered into a weekly drawing for a fun prize.

4. Food Drive for the Food Bank

During the entire month of March, OMC will be collecting healthy food for our local food bank. Please donate if you can.

5. Bulletin Board Displays

Check out the displays which will be hanging on the bulletin boards in Season’s Cafe. Here’s your chance to learn about a lot of fun facts and ways to keep you healthy!

6. Community Promotions

Tune into radio KONP for the Todd Ortloff show on March 2nd at 1:00 pm to listen to OMC’s very own registered dietitian Christin Maks, RD, CDE.