

HEAD-> National Ag Day

National Ag Day is March 24. The theme this year is "Together We Grow". It's also celebrating America turning 250 years and it's progress in agriculture. Agriculture connects all of us in the everyday items we use, wear, and consume. Even if we are not a farmer, we all have a tie to agriculture and can celebrate the accomplishments and contributions of agriculture. Many careers are connected to agriculture outside of traditional production agriculture. Celebrate the day and consider the possibilities.

HEART-> Wildlife Day

Celebrate "Wildlife Day" by learning more about the different types of wildlife that we have in Colorado. You can also check out your local zoo to learn more about other wildlife types and how you can get involved to support wildlife conservation.

Colorado Wildlife Council @ cowildlifecouncil.org/

Colorado Zoos & Aquariums @ colorado.com/activities/aquariums-zoos

HANDS-> Centennial Farms & Ranches

The Colorado Department of Agriculture Centennial Farms & Ranches program application is open till May 1. The program recognizes Coloradans who have 100 years or more of operation in agriculture in the state. The program is a great way to honor legacies within the state and recognize the deep commitment that families have to agriculture.

Go to hco.org/CentennialFarms or call (303) 866-3392 to learn more about the program and qualifications or learn more about the history of others already recognized.



HEALTH-> National Nutrition Month

March is National Nutrition Month. This is a chance to check out the new food guide pyramid changes that encourages everyone to eat a balanced diet from all food groups.

The Academy of Nutrition and Dietetics recommends that individuals:

- Also eat a variety of foods
- Avoid "one" food group only diets
- Work with a registered dietician or physician when work on diet plans or food changes
- Also consult your physician before any major dietary changes if you are taking medications
- Incorporate exercise and drink plenty of water

Learn more @

myplate.gov/

eatright.org/national-nutrition-month