



NATURAL STATE  
nutrition professionals LLC

## Registered Dietitian Nutritionists

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It's National Nutrition Month and our team of experts wants you to be  
in the know about nutrition!

Get answers to your nutrition questions and support your community!

During the month of March, our dietitians are offering  
30-minute "Ask an RDN" Q&A sessions, in exchange for a donation to the  
Northwest Arkansas Food Bank.

### How do I book my Q&A Session?

Call our office and we will schedule your visit! Q&A sessions are available by appointment and are subject to schedule availability.

### Do I pay for my session?

Sessions are being offered in exchange for a donation to the Northwest Arkansas Food Bank. Food items and monetary donations are accepted.

### How can I make my donation?

Bring an item (or several) from the list below to your Q&A session or make a monetary donation using the QR code available at the time of your session.

### What should I donate?

We welcome these healthful and shelf stable items (no glass, please):

- Oats
- Dried or canned beans
- Peanut butter
- Canned meat or fish
- Canned fruits
- Canned vegetables

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