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NATIONAL NUTRITION MONTH®
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NATIONAL NUTRITION MONTH® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food and social experiences food can add to our lives. The Academy’s website www.eatright.org/NNM/ includes a variety of helpful tips, games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition.

“Finding a balance between the foods we like and the nutrition we need is a key to healthful eating. However, we should always keep in mind that developing a healthy lifestyle we can maintain for years is more than eating healthy food. It should also include physical activity,” said Anne MacBride, a registered dietitian with the WIC (Women, Infants & Children) Program at the Monongalia County Health Department.

The WIC Program has been providing nutrition education and supplemental foods to pregnant and breastfeeding women, infants, and children for 40 years. For more information about National Nutrition Month® or the WIC Program, contact the WIC Office by calling 304-598-5181, following WIC on Facebook /MCHDWIC and/or Twitter/WICMCHD or visiting WIC’s website at www.mylocalwic.org

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