



MEDIA RELEASE

Information **Advisory** **Warning** **Update**

DATE: MARCH 9, 2016

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St. Clair County Health Department Celebrates National Nutrition Month

March is National Nutrition Month and the St. Clair County Health Department and the Michigan Women, Infants, and Children (WIC) Program joins with the Academy of Nutrition and Dietetics to encourage everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors, and social experiences food can add to our lives. Savor the Flavor of Eating Right!

Key Tips to Savor:

- **Enjoy Food Traditions and Social Experiences**
Whether a nightly family dinner, special holiday occasion or social gathering, food often plays a central social role.
- **Appreciate Foods Pleasures and Flavors**
In today's busy world we often eat quickly and mindlessly. Instead, try eating slowly while appreciating the flavors, textures and overall eating experience.
- **Develop a Mindful Eating Pattern**
How, when, why and where you eat are just as important as what you eat. Being a mindful eater can help reset both your body and mind and lead to an overall healthier lifestyle. Try to find creative, healthful and nutritious ways to add flavor to foods.

Another great resource for eating right is to consult a Registered Dietitian Nutritionist (RDN). An RDN can educate you and guide your food choices while keeping your tastes and preferences in mind. You can find an RDN in your area by visiting eatright.org. For more helpful tips, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds, visit www.eatright.org.

WIC is a federally-funded program serving low income women, infants and children up to age 5, by providing nutritious food, nutrition education, breastfeeding promotion and support, and referrals to health and other services. Contact the St. Clair County Health Department's WIC Program at (810) 987-8222 for more information. *This Institution is an Equal Opportunity Provider*

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