

MEDIA RELEASE

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

DATE: March 1, 2017

FOR MORE INFORMATION CONTACT:

Kathy Bladow, RN, Nursing Supervisor, WIC Coordinator
(810)987-5300 ext.1505
kbladow@stclaircounty.org

St. Clair County Health Department Celebrates National Nutrition Month

March is National Nutrition Month[®] and to celebrate, the St. Clair County Health Department and the Michigan Women, Infants, and Children (WIC) Program joins with the Academy of Nutrition and Dietetics to remind us that each bite counts. This year's theme inspires us to start with small changes in our eating habits – one forkful at a time. Whether you are planning meals to prepare at home or making selections when eating out, ***Put Your Best Fork Forward*** to help find your healthy eating style.

Ways to Make Each Bite Count:

- Create an eating style that includes a variety for your favorite, healthful foods.
- Practice cooking more at home and experiment with healthier ingredients.
- How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
- Find activities that you enjoy and be physically active most days of the week.

About WIC:

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded program serving lower 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. To learn more about WIC call (810) 987-8222. *(This institution is an equal opportunity provider)*

##END##