

MEDIA RELEASE

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

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March is National Nutrition Month® 2018 Go Further with Food

March is National Nutrition Month® and to celebrate, the St. Clair County Health Department, and the Michigan Women, Infants, and Children (WIC) Program joins the Academy of Nutrition and Dietetics to remind us of the importance of making informed food choices and developing healthy eating and physical activity habits. This year's theme *Go Further with Food* encourages us to achieve the many benefits of healthy eating habits and to find ways to cut back on food waste. Learning how to manage food resources at home will help you "*Go Further with Food*", while saving nutrients and money.

Ways to Go Further with Food

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten on frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Use good food safety practices.
- 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 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. To learn more about St. Clair County Health Department's WIC program, call (810) 987-8222. This institution is an equal opportunity provider.

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