

Jackson County Department of Public Health

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2016-19
FOR IMMEDIATE RELEASE
March 11, 2016

SAVOR THE FLAVOR OF EATING RIGHT WITH JCDPH

For National Nutrition Month[®] 2016, the Academy of Nutrition and Dietetics is encouraging everyone to "Savor the Flavor of Eating Right" by taking time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to your life.

The Women Infants and Children's Supplemental Nutrition Program (WIC) and other Nutrition Services Programs at the Jackson County Department of Public Health will be educating clients in the community on the benefits of family meals and eating together at home. Along with the nutrition benefits of healthy eating at home there is an obvious social component to food, especially around family meals.

Eating together as a family increases communication among family members and provides another opportunity to bond by sharing the events of the day over a meal. It is also a great way to introduce kids to new foods and model healthy eating habits and table manners.

Planning and preparing meals at home can lead to better nutrition for the family as meals can be made with less added fat, sodium and sugar. Eating out can add excess calories, and eating on the go can lead to mindless eating. Sitting down to a meal with family and good conversation can help family members eat slower and enjoy the flavors of the meal and recognize when they are full sooner.

Eating meals at home can save on your calorie budget and your checkbook. Meals away from home can cost 2-4 times more than meals prepared at home. Planning ahead and preparing for the week's meals are great ways to stretch your food dollars. If you would like more information on planning healthy meals for your family, the Nutrition Programs at the Jackson County Health Department are a great resource. Your family may qualify for WIC services or you may participate in one of our other nutrition education programs. Please contact Lee Lillard, RD CDE at 587-8240 for more information.

The Jackson County Department of Public Health is an equal opportunity provider.

****This statement is required.**

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