



Jackson County Department of Public Health

Anna Lippard
Deputy Health Director
828-587-8225

2023-7
FOR IMMEDIATE RELEASE
March 3, 2023

National Nutrition Month® 50th Anniversary!

National Nutrition Month® is an annual campaign created in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "**Fuel for the Future**," highlights the importance of fueling our bodies at every age and eating with the environment in mind. Practice gratitude for your body by giving it the fuel it needs with sustainable foods. Here are five key messages:

1. Eat with the Environment in Mind.

- Enjoy more plant-based meals and snacks, purchase foods with minimal packaging, buy foods in season and shop locally when possible, and start a container or backyard garden to grow food at home.

2. See a Registered Dietitian Nutritionist.

- Ask your doctor for a referral to an RDN and receive personalized nutrition information to meet your health goals. The Jackson County Department of Public Health has 2 Registered Dietitians on staff available for medical nutrition therapy appointments with a physician referral.

3. Stay nourished and save money.

- Plan your meals and snacks, see what food you have at home before purchasing more, use a grocery list and shop sales when purchasing food, and learn about community resources such as SNAP, WIC and local food banks.

4. Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions, eat foods in various forms including fresh, frozen, canned and dried, avoid fad diets that promote unnecessary restrictions, and practice gratitude for your body by giving it the fuel it needs.

5. Make tasty foods at home.

- Learn cooking and meal preparation skills, try new flavors and foods from around the world, find creative ways to use leftovers rather than tossing them, and create happy memories by eating with friends and family when possible.



Jackson County Department of Public Health

Visit www.eatright.org/national-nutrition-month-2023 for more resources and information to “Fuel Your Future” and celebrate National Nutrition Month. For more information about medical nutrition therapy, contact the Jackson County Health Department at 828-586-8994.

###