



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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National Nutrition Month® 2018: Go Further with Food

March is National Nutrition Month® and to celebrate, the Barry-Eaton District Health Department (BEDHD), and the Michigan Women, Infants, and Children (WIC) Program join with 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 or 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.

For the "National Nutrition Month® Celebration Toolkit" visit their [website](#) at www.eatright.org for tip sheets and handouts, videos, games, and other promotional tools in English and Spanish.

About WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded program serving 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 and to see if you are eligible, download the "**WIC Connect**" app in your device's app store, or call the Barry office at (269) 945-9516 or the Eaton office at (517) 541-2630. Current WIC clients are also encouraged to use the app to make shopping for WIC-approved foods easier and for additional resources.

This institution is an equal opportunity provider.