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Public Health District

NEWS RELEASE

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For immediate release

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March is National Nutrition Month, Start Healthy Habits With Nutritious Choices

The U.S. Food and Drug Administration (FDA) recognizes National Nutrition Month to help individuals learn how to make informed choices about their food. Start healthy habits this month by using the FDA's tools and tips to help you make nutritious choices that last all year long!

Consider kickstarting healthy habits in your own life:

- Plan weekly meals ahead of time by writing out the ingredients needed for each meal.
- Look at the nutritional facts labels when grocery shopping to compare the ingredients of different foods.
- Use MyPlate.gov to create healthy, complete meals that include all five food groups.
- Review the calorie labeling on menus to help inform about healthful decisions about meals and snacks.
- Eat smart by monitoring calorie intake and portion sizes.

"This National Nutrition Month, let's remember that making the time to plan, shop, and prepare healthy meals is a great gift to give yourself and your family to ensure that you are fueling your body with the nutrients you need to thrive," stated Cheri Farris, PPHD Community Health Educator and Health Coach.

Let Panhandle Public Health District and Panhandle Worksite Wellness Council (PWWC) help you and/or your organization with these initiatives by offering a Living Well class. Living Well is a FREE 6-week workshop that allows participants to get support and learn to discover how healthy eating can improve your health or condition. Schedule your 6-week workshop today!

"I feel more powerful and in control of my health knowing there are things I can do," stated a previous Living Well participant.

For additional information about worksite wellness, visit www.pphd.org/pwwc.html or call Nicole Berosek at 308-279-3496. Panhandle Worksite Wellness Council is proudly part

of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Source: <https://www.fda.gov/food/consumers/national-nutrition-month#:~:text=Join%20the%20U.S.%20Food%20and,that%20last%20all%20year%20long>