PRESS RELEASE FOR LOCAL MEDIA
Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
For more information, please call: (989) 773-5921 ext. 1409
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: **Local News Media**

From: **Central Michigan District Health Department**

RE: **March is National Nutrition Month**

Release Date: Immediately – March 2018

"Go Further with Food"
Shop Locally

Shopping locally can be a great way to add healthy foods to your diet, support your local farmers and conserve natural resources. The Central Michigan District Health Department (CMDHD) Women Infant and Children's Supplemental Nutrition Program (WIC) also helps by providing free fresh fruit and vegetables to qualifying families in the community. WIC dietitians also help teach and assist families to eat healthier.

WIC supports our local farmers markets by providing Project Fresh in the summer. Food purchased at farmers markets often is more affordable and tastes better than at commercial grocery stores because it is locally grown and naturally ripened. Buying locally grown food also helps conserve natural resources and has a minimal effect on the environment.

This enables local farmers to produce healthy food today and for generations to come. Plan ahead when you shop locally. Bring a shopping list and purchase foods you know how to prepare. To prevent fruit from rotting in the fridge, estimate how many pieces you'll need for your meals, lunches and snacks for the week.

Talk to your local farmers about less familiar fruits or vegetables. They'll usually be able to share how it's grown, what it tastes like and several ways of preparing and serving the food.

As part of National Nutrition Month, the Academy of Nutrition and Dietetics **website** includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds.

Arenac County: (989) 846-6541	**Isabella County**: (989) 773-5921
Clare County: (989) 539-6731	**Osceola County:** (231) 832-5532
Gladwin County: (989) 426-9431	**Roscommon County:** (989) 366-9166

For more information on WIC, please visit the Michigan Department of Health and Human Services website at: http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_6329---,00.html

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD

###

Sources:

https://www.eatrightpro.org

To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.