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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: CMDHD Promoting National Nutrition Month

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CMDHD is Promoting National Nutrition Month.

Central Michigan District Health Department (CMDHD), along with the Women, Infants, and Children program (WIC), is teaming up with The Academy of Nutrition and Dietetics to celebrate National Nutrition Month in March. The theme for 2024 is "Beyond the Table." This theme highlights the farm-to-fork aspect of nutrition; addresses the various ways and places we eat, both at home and on the go; emphasizes sustainability efforts; and showcases the expertise of dietitians.

Sustainability means farming using fewer natural resources and growing food in ways that don't harm the environment. As consumers, we can support these practices by choosing to eat sustainably. Here are some tips for WIC participants or any family looking to make healthy and sustainable changes:

Eat with the environment in mind:

- Choose more plant-based meals and snacks like veggies, fruits, nuts, seeds, whole grains (like oatmeal, quinoa, and rice), and legumes (like beans, chickpeas, and lentils).
- Pick foods with minimal packaging or reuse containers when you shop.
- Buy foods that are in season and try to shop locally.
- Ask your WIC office about participating in [Project FRESH](#) this summer.
- Consider starting a [container or backyard garden](#) to grow your food at home.

See a Registered Dietitian Nutritionist (RDN):

- CMDHD offers RDN services at no cost to WIC clients, and families can call for a nutrition counseling appointment at the local CMDHD office.
- Learn how your nutritional needs may change with age.
- Get personalized nutrition information to meet your health goals.

Please visit us online at www.cmdhd.org.

Stay nourished and save money:

- Plan your meals and snacks.
- Check what food you already have at home before buying more.
- Use a grocery list and take advantage of sales when shopping for food.
- Learn more about making your WIC benefits work for you and explore www.wichealth.org for tasty recipes using your WIC foods.

Eat a variety of foods from all food groups:

- Include your favorite foods from your culture or family traditions.
- Consume foods in various forms, including fresh, frozen, canned, and dried.
- Avoid fad diets that restrict some food groups.
- Show gratitude for your body by giving it the fuel it needs.

Make tasty foods at home:

- Learn cooking and meal preparation skills.
- Experiment with new flavors and foods from around the world.
- Find creative ways to use leftovers or freeze them in small portions instead of throwing them away.
- Create happy memories by sharing meals with friends and family when possible.

Remember to reach out to your local CMDHD office to learn more or to schedule an appointment with one of our RDNs.

WIC is a federally funded program that serves qualified low-income pregnant and postpartum individuals, infants, and children (up to age 5), by providing nutritious food, nutrition education, breastfeeding promotion, and support, as well as referrals to health care and other services. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid, and vitamins A & C. For more information about WIC, please visit the Michigan Department of Health and Human Services at www.michigan.gov/wic or contact your local CMDHD office at (989) 314-7570.

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 and follow us on [Facebook](#) and [Instagram](#).

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



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