



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## **PRESS RELEASE FOR LOCAL MEDIA**

**To: Local News Media**  
**From: Central Michigan District Health Department**  
**RE: March is National Nutrition Month**  
**Release Date: March 1, 2022**

### ***Celebrate a World of Flavors***

**Embracing global cultures, cuisines, and inclusion throughout National Nutrition Month and beyond.**

The Central Michigan District Health Department's (CMDHD) Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is working with The Academy of Nutrition and Dietetics to promote National Nutrition Month with a theme of "Celebrate a World of Flavors." Celebrating flavors and cultures from around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds, and tastes! A CMDHD WIC Registered Dietitian Nutritionist (RDN or RD) can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

How can you celebrate National Nutrition Month? Keep reading to explore recommendations for WIC participants or for any family that is looking to make healthy changes:

- Eat a variety of nutritious foods.
  - Include healthful foods from all food groups; take advantage of the nutritious options offered.
  - Learn how to read Nutrition Facts labels.
  - Incorporate your favorite cultural foods and traditions.
- See a Registered Dietitian Nutritionist.
  - CMDHD is proud to offer RDN services at no cost to our WIC clients – ask for a nutrition counseling appointment with a RDN at your local CMDHD office today.
  - Find an RDN who specializes in your unique needs.
  - Receive personalized nutrition information to meet your health goals.
- Plan your meals and snacks.
  - Choose healthful recipes to make during the week.

*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*

- Use a grocery list to shop for nutritious foods; pair this with your WIC shopping list to make the most of your WIC benefits.
- Make healthful food and drink choices when away from home.
- Create tasty foods at home.
  - Learn cooking and meal preparation skills; consider taking an online WIC Nutrition Education course at [wichealth.org](http://wichealth.org).
  - Try new recipes, flavors, and foods from around the world.
  - Enjoy your meals with friends or family, when possible.

Creating a healthful eating plan may not look the same for you as it does for your friends, your coworkers, or your partner! Like the music we prefer, or the clothing that we wear, food preferences differ depending on our culture. Even so, one thing should always stay the same among all cultures– and that is the ability to choose nutrient-dense, healthful foods that celebrate your heritage and introduce you to new foods and flavors.

The good news is that eating healthy does not have to be boring! Our WIC staff encourage incorporating a variety of foods from a range of cultures to promote a diet that is both flavorful and inclusive. Remember, food groups to consume daily include grains, vegetables, protein, fruit, and dairy products. This gives you the ability to mix and match food groups according to your taste. Try cooking a new dish at home this week! Find a fun and healthy recipe for your favorite Asian Indian dish that you can recreate at home. Don't have the ingredients that you need at home? No problem! Use your WIC shopping list to locate what ingredients you may be able to purchase using your benefits, and head to the grocery store! Grocery shopping also gives you the opportunity to familiarize yourself with the Nutrition Facts labels on your favorite products to learn if these are nutritious options. Food shopping also allows you to see what is out there – consider food shopping as a great way to try new foods that are common in other cultures that you may not be familiar with; you might just find your new favorite. Check out [wichealth.org](http://wichealth.org) for an array of culturally inclusive, easy, and healthy recipes using WIC approved items, including [Instant Pot Chicken Shawarma](#) and [Haitian Style Chicken and Rice](#).

Be sure to contact your local CMDHD office to learn more or to schedule an appointment with one of our Registered Dietitian Nutritionists, if you are interested.

*WIC and the Academy of Nutrition and Dietetics support following these healthy eating tips:*

- Make half of your plate fruits and vegetables – fruits and veggies add color, flavor, texture, and vitamins to your meal.

- Get to know food labels – reading the Nutrition Facts panel can help you meet your nutrient needs!
- Enact family mealtime – get kids involved with cooking and meal planning; use this time to teach about good nutrition.
- Get cooking – preparing foods at home can be healthy, rewarding, and cost-effective!

WIC is a federally funded program that serves low-income women, 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 on WIC, please visit the Michigan Department of Health and Human Services [website](#) or call your local CMDHD office using the contact information listed below.

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

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education, and advocacy. Visit the Academy at <https://www.eatrightpro.org>.

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](http://www.cmdhd.org), LIKE Central Michigan District Health Department on Facebook.

**Sources:**

<https://www.eatrightpro.org>

<https://wichealth.org/>

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