

## MICHIGAN FAMILIES URGED TO FOCUS ON HEALTHY EATING HABITS DURING NATIONAL NUTRITION MONTH

March 7, 2024 – In March, District Health Department #10 (DHD#10), the Michigan Department of Health and Human Services (MDHHS), Women, Infants and Children (WIC) Program is joining with the Academy of Nutrition and Dietetics to encourage residents to focus attention on informed food choices and develop sound eating and physical activity habits during National Nutrition Month.

“The 2024 theme, *Beyond the Table*, encourages healthy eating no matter where we get our nutrition – at home or away,” said Kim Rendon, DHD#10 WIC Nutrition Education Coordinator. “It is a reminder to consider how we get, prepare, store and eat our foods, as well as to protect the environment.”

*Beyond the Table* addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets, and even home food safety and storage practices. It also describes the ways we eat at home and on the go. This theme also includes sustainability by decreasing food waste.

During National Nutrition Month, DHD#10 and the Michigan WIC Program is encouraging everyone to eat a variety of foods from the different food groups and buy local to support Michigan’s strong agriculture and farming heritage. In addition, including your favorite cultural foods and traditions, eating mindfully and giving your body the fuel it needs are all great practices.

WIC is a federally funded program that serves low-income women, infants and children up to age five by providing nutritious food, nutrition education, breastfeeding promotion and support and referrals to health and other services. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid and vitamins A and C. WIC provides families with access to registered dietitians or registered dietitian nutritionists. These food and nutrition experts specialize in assessing one’s unique needs and providing personalized nutrition education and counseling to meet individual health goals.

To learn more about WIC at DHD#10, please visit: <https://www.dhd10.org/parents-families/wic-2/>.

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Lake  
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Mason  
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Missaukee  
Newaygo  
Oceana  
Wexford



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