



## MEDIA RELEASE

**Information**     **Advisory**     **Warning**     **Update**

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***March is National Nutrition Month  
St. Clair County Health Department Reminds Residents to Make Informed Diet Choices***

March is National Nutrition Month and to celebrate, the St. Clair County Health Department, and the Michigan Women, Infants, and Children (WIC) Program joins the Academy of Nutrition and Dietetics to remind residents about the importance of making informed food choices and developing healthy eating and physical activity habits. Good nutrition is an important part of leading a healthy lifestyle.

Follow these healthy eating tips throughout National Nutrition Month and the rest of the year:

- Get into a wellness state of mind. Balance your diet with food from all food groups. Get active every day with enjoyable movement.
- Eat right with MyPlate. Make small changes to make healthier choices you can enjoy.
- Become a smart shopper by reading food labels to find out more about the foods you eat.
- Change to low-fat or fat-free milk or yogurt to cut back on saturated fat.
- Drink and eat less sodium, saturated fat and added sugars. Drink water instead of sugary drinks.
- Visit [Eatright.org](http://Eatright.org) for more information about healthy lifestyles.

WIC is a federally-funded program that serves women, infants and children up to age 5 and families, 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, vitamins A & C.

To learn more about the St. Clair County Health Department WIC program, call (810) 987-8222 or visit [www.scchealth.co](http://www.scchealth.co) and click on the WIC program. This Institution is an Equal Opportunity Provider.

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