

## DISTRICT HEALTH DEPARTMENT #10 'EATS RIGHT, BITE BY BITE' National Nutrition Month 2020

March 17, 2020 – March is National Nutrition Month and District Health Department #10's (DHD#10) Women, Infant and Children (WIC) program is reminding community members that choosing nutritious food and getting enough physical activity is essential to living longer, healthier, happier lives.

Each March, the Academy of Nutrition and Dietetics focuses on healthy eating through promoting National Nutrition Month. In 2020, the focus is "Eat Right, Bite by Bite."

"DHD#10's WIC staff is excited as ever to provide care for families looking for nutrition support. Unhealthy eating habits is one of the main contributors to the obesity epidemic in the United States." said Anne Bianchi, DHD#10 WIC Director.

"Approximately 17 percent of children and adolescents aged 2-19 are considered obese."

DHD#10 suggests following these healthy eating tips throughout the month of March and the rest of the year:

- Eat a variety of nutritious foods each day by including healthy foods from all food groups and be sure to hydrate with water instead of sugary drinks.
- Be a smart shopper by reading food labels to find out more about the foods you eat.
- Plan your meals each week by choosing healthy recipes to make and using a grocery list to shop for healthy foods.
- Learn skills to create tasty meals and reduce food waste by transforming leftovers into meals, using the foods already on hand and practicing good food safety.

District Health Department #10 is the local provider for the WIC program. WIC is a federally funded program that serves low to moderate income women, infants and children up to age 5, by providing nutritious food, nutrition education, breastfeeding promotion and support and referrals to health and other services.

If you or someone you know has questions about WIC, please visit [www.dhd10.org/parents-families/wic-2/](http://www.dhd10.org/parents-families/wic-2/). If you are outside of the DHD#10 service region and need contact information for a WIC agency, please visit [www.michigan.gov/wic](http://www.michigan.gov/wic).

For more information about healthy eating and lifestyle, visit [Eatright.org](http://Eatright.org).

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



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Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD#10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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