



## ‘PERSONALIZE YOUR PLATE’ DURING NATIONAL NUTRITION MONTH

March 01, 2021 – March is National Nutrition Month and District Health Department #10’s (DHD#10) Women, Infant and Children (WIC) program is encouraging community members to choose nutritious food to live longer, healthier, happier lives.

“When it comes to nutrition and health, there is no one-size-fits all approach. WIC staff within DHD#10 are available to provide care for families looking for nutrition support,” said Anne Bianchi, DHD#10 WIC Director.

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

- Include healthful foods from all food groups
- Choose healthful food that you enjoy
- Hydrate healthfully
- Learn how to read Nutrition Labels
- Avoid distractions while eating
- Take time to enjoy your food
- Use a grocery list to shop for healthful foods
- Be menu-savvy when dining out
- Choose healthful recipes to make during the week
- Enjoy healthful eating while at school, work, and traveling
- Keep healthful ingredients on hand
- Practice proper home food safety
- Share meals together as a family
- Reduce food waste
- Try new foods and flavors
- Visit a Registered Dietician Nutritionist for individualized nutrition advice

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 National Nutrition month, 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



#### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: jtaylor@dhd10.org



#### 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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