

## MICHIGAN FAMILIES URGED TO FUEL FOR THE FUTURE

### *National Nutrition Month 2023*

March 15, 2023 – In March, the Michigan Department of Health and Human Services, Women, Infants and Children (WIC) Program is joining with the Academy of Nutrition and Dietetics to encourage Michiganders to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits during National Nutrition Month.

The 2023 theme, *Fuel for the Future*, encourages everyone to eat with sustainability in mind. It is a reminder to nourish ourselves during every phase of life and protect the environment.

During National Nutrition Month, the Michigan WIC Program encourages everyone to eat a variety of foods from all food groups and in various forms, including fresh, frozen and canned. In addition, Michiganders are encouraged to include their favorite cultural foods and traditions, avoid fad diets promoting unnecessary restriction and practice gratitude for their body by giving it the fuel it needs.

The Michigan WIC Program encourages families to seek the advice of a registered dietitian or registered dietitian nutritionist – food and nutrition experts who specialize in one’s unique needs and can provide personalized nutrition information to meet health goals.

*Fuel for the Future* highlights ways everyone can eat with the environment in mind, like enjoying more plant-based meals and snacks, buying food in season, shopping locally or starting a container or backyard garden to grow food at home.

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 & C.

To learn more about WIC or find an agency near you, call 211 or visit [Michigan.gov/WIC](https://Michigan.gov/WIC).

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