
HEALTH DEPARTMENT
NEWS RELEASE



FOR IMMEDIATE RELEASE

March 3, 2014

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**March is National Nutrition Month
'Enjoy the Taste of Eating Right'**

GRAND RAPIDS, Mich. – Eating healthy foods can be challenging for many families, but with a little inspiration and some planning, we can all 'Enjoy the Taste of Eating Right.' That's the theme for National Nutrition Month. Many factors influence our food choices, but ultimately the foods we enjoy most are the foods we choose to eat. Everyone can make taste a priority when preparing healthy meals.

Residents in Kent County have expressed concerns about access to healthy, fresh foods during focus groups and surveys over the past several years. "We need to be sure children have access to foods to help them develop into healthy adults," said Adam London, Administrative Health Officer of Kent County Health Department. "Fortunately, there are programs to help people access those foods."

Kent County Health Department provides services through WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC offers free supplemental food, nutrition education/counseling, breastfeeding support, and referrals to other health services to low and moderate income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5. WIC supports National Nutrition Month. Learn more about the WIC program at www.accessKent.com/WIC.

The Kent County Health Department offers nutrition services with a Registered Dietitian to individuals, schools, community groups, and worksites. (Many services are provided at no charge, though a fee may apply for some presentations and cooking demonstrations.) With our dietitians, you can set goals, create an action plan, and identify the barriers you have encountered in the past. For more information, call (616) 632-7290.

If you are looking for a place to start eating right, the Dietitians of West Michigan are planning "Taste of Health" Thursday, March 13, 2014 from 4:00 - 7:00 p.m. This open house will include cooking demonstrations, learning booths, & resources. This event is **free**, and will be held in the Banquet Room at the beautiful Downtown Market, located at 435 Ionia Avenue SW in Grand Rapids. For more information, go to www.dietitiansofwestmichigan.com.

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and four satellite clinics located in Wyoming, Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit www.accesskent.com/health.

700 FULLER AVE. NE, GRAND RAPIDS, MI 49503

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Below are tips on how to enjoy eating right; celebrate National Nutrition Month® by experimenting with new foods and flavors that your taste buds will thank you for!

**Tips to ‘Enjoy the Taste of Eating Right,’ from the
Academy of Nutrition and Dietetics**

At the Grocery Store. Choose one new fruit, vegetable or whole grain every week. Start small by trying different versions of familiar foods until you are ready to make a bigger change. WIC food benefits include fresh fruits and vegetables, and whole grain options.

At Home. Try new ways of cooking your old favorites! Roast potatoes instead of mashing. Steam veggies you might typically sauté. Grill, broil, or bake some lean meat. Or, for quick meal prep, sauté chicken strips or pieces, then add some vegetables to create a delicious stir-fry. Adults should aim for 3 cups of vegetables each day. Adding spice is another great way to enhance the taste of your food!

At Restaurants. Try a restaurant that features healthy, ethnic foods that may be new to you. Or, try a restaurant serving seasonal and locally grown foods; you may find a healthy twist on an old favorite.

More helpful tips? Visit the Academy’s website at <http://www.eatright.org/NNM/> for a variety of helpful tips, games, promotional tools, and nutrition education resources to include in your National Nutrition Month® celebration.

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