

FORWARD CORNER

March is National Nutrition Month

FORWARD DUPAGE is pleased to join the Academy of Nutrition and Dietetics in celebrating March as National Nutrition Month[®]. This annual education and information campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

During National Nutrition Month, adopt and promote these basic messages:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

March is a great time to add to your curriculum (or discussions) a unit on healthy food. For free and low cost resources, check out these links:

- [Go, Slow, Whoa Foods](#)
- [My Plate](#) (this is designed for kindergarteners, so preschool teachers will need to adapt for their age group)
- For information on healthy eating and active living initiatives in DuPage county, check out FORWARD DuPage's website at www.forwarddupage.org.
- For more early childhood healthy resources for families click [here](#).
- Click [here](#) for GoNAPSACC! information.

FORWARD encourages early childhood and school age programs to share this information with families and promote this monthly focus.

- Click [here](#) for Go, Slow, Whoa Foods Information for Families
- Click [here](#) for MyPlate information for Families of Preschoolers

JOIN THE HEALTHY MOVEMENT TODAY!

Families: Get started now! For the month of March: Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.

Early Childhood Providers: Join FORWARD DuPage this March: Use the month to be more intentional in your conversations with children during lunch, discussing the benefits of healthy eating, eating a variety of healthful foods from all food groups and portion sizes based on my plate.