

NATIONAL NUTRITION MONTH® MARCH 2024

WHAT IS NATIONAL NUTRITION MONTH®?

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

WHAT IS THE THEME FOR NATIONAL NUTRITION MONTH® 2024?

This year's theme for National Nutrition Month®, inspires us to look **Beyond the Table**, when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference - both now and in the future.

TIPS TO HELP YOU REACH BEYOND THE TABLE

1. Focus on a healthy eating routine

- Many eating places provide nutrition information right on the menu or online to help you choose healthier options.
- When purchasing food from a store, use a grocery list and pay attention to sales.
- Learn about resources in your community that offer access to healthy foods, such as food banks.

2. Eating Right and Reduce Food Waste

- Develop a lesson that explains the science behind incorporating plant-based options into the daily diet.
- Get creative by developing a list of recipes created with leftovers to reduce food waste.
- Eat leftovers within 3-4 days or freeze to minimize food waste and food safety.
- Learn which fruit and vegetables store best in the refrigerator.

3. Learn what's involved in growing your food

- Visit a local farm or farmers market and talk with people who are growing and harvesting your food.
- Try gardening and grow your own fruits and vegetables at home or support farmers by buying locally grown fruits and vegetables.
- Many local farms offer programs, which include "farm shares" of produce during a growing season.



2024 NATIONAL NUTRITION MONTH®

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

RESOURCES

To get additional food and nutrition information, visit
<https://www.eatright.org>