

# Celebrating 2023 National Nutrition Month

FEBRUARY 22, 2023

## National Nutrition Month®

March is National Nutrition Month®, an annual nutrition education and information campaign led by the Academy of Nutrition and Dietetics. The campaign brings attention to the importance of informed food choices and developing healthful eating and physical activity habits. This year’s theme, **Fuel for the Future**, highlights the importance of fueling our bodies at every age and eating with sustainability in mind. Sustainable eating is choosing foods that are helpful for the planet and our bodies.

## Food and Nutrition Experts

The campaign recognizes registered dietitian nutritionists (RD, RDN) and registered dietetic technicians (DTR) as nationally credentialed food and nutrition experts. To honor their work, the Academy has designated March 8 as Registered Dietitian Nutritionist Day. Starting this year, the Academy will celebrate the first Nutrition and Dietetic Technicians, Registered Day on March 9.

To bring awareness of DTRs and their roles in the WIC program, we are sharing a message from the Dakota County WIC Program:

*“We love our DTRs! At Dakota County WIC, DTRs are hired as Nutrition Specialists. DTRs are in the role of a Nutrition Specialist. They complete all portions of the WIC certification and mid-certification appointments, as well as additional education contacts. Their nutrition and counseling expertise is crucial in assessing a client’s health history, eating patterns, and overall nutrition status. Their education background and continuing education requirements ensure they are prepared for a variety of situations and up to date with current research and best practices. DTRs bring an important perspective and knowledge level that helps to make a strong Dakota County WIC team.”*

Minnesota WIC thanks RDs, RDNs, and DTRs for your lifetime commitment in helping people making good nutrition choices. Minnesota WIC values all WIC providers for your hard work delivering high quality services to families.

## Ways to Celebrate National Nutrition Month®

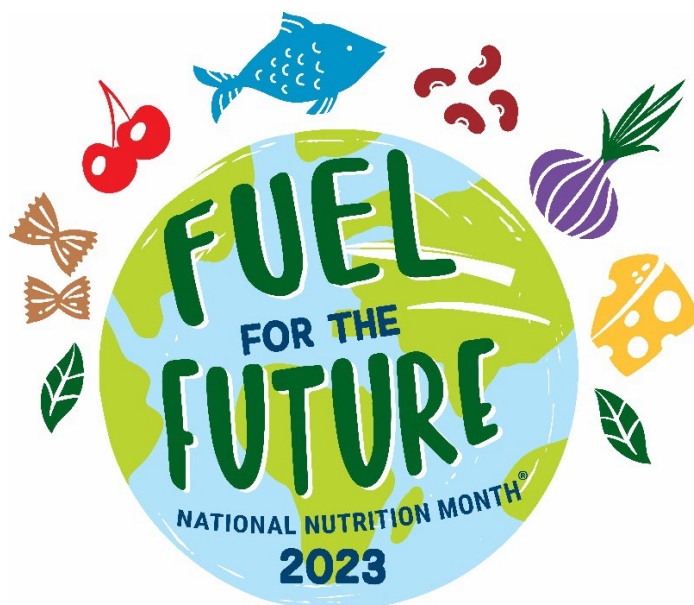
The Minnesota WIC Program encourages local agencies to promote **Fuel for the Future** by spreading messages of good nutrition and active living throughout the year. Here are some ways to celebrate National Nutrition Month® during March:

- Start a weekly nutrition challenge at work. For example: making half your plate fruits and vegetables; swapping sugary beverages for water; practicing mindful eating by turning off your phone, TV, or other devices during mealtimes.
- Host an iron chef contest at home. Select an ingredient, such as banana or egg, and ask each family member to create a healthy snack using the ingredient and available pantry items. Share and find out who is the gifted iron chef in your household.
- Start a container or backyard garden to grow your own foods and herbs.
- Work with a local grocery store to promote healthy food choices with posters and handouts.
- Recognize nutrition professionals in your organization. Write a personalized thank you note.

## NATIONAL NUTRITION MONTH - MARCH 2023

- Check out the WIC social media Toolkit, **National Nutrition Month -March 2023**, on the [WIC Communications & Outreach](#) page. Choose one message to promote weekly.
- Follow [Minnesota WIC Facebook](#) and [Minnesota WIC Instagram](#). Join us to support good nutrition for children and families all year long.

The Academy has many resources to promote this campaign, including tip sheets, activity handouts, recipes, and much more. Many materials are free, easy to download, and some are available in multiple languages. To learn more, visit [National Nutrition Month \(eatright.org\)](#).



### Reference – Complete Listing of Hyperlinks

[WIC Communications & Outreach](#)

(<https://www.health.state.mn.us/people/wic/localagency/comm/index.html>)

[Minnesota WIC Facebook](https://www.facebook.com/MNWIC) (<https://www.facebook.com/MNWIC>)

[Minnesota WIC Instagram](http://www.instagram.com/minnesotawic) (<http://www.instagram.com/minnesotawic>)

[National Nutrition Month®](https://www.eatright.org/food/resources/national-nutrition-month) (<https://www.eatright.org/food/resources/national-nutrition-month>)

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, [health.wic@state.mn.us](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us); to obtain this information in a different format, call: 1-800-657-3942.