



Nutrition Education

50

MARCH
FOR
MEALS
WITH
MEALS ON WHEELS

March for Meals

The annual March for Meals celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Sources:
The Academy of Nutrition and Dietetics

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National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. This year's campaign is to "Celebrate a World of Flavors." Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.



Academy of Nutrition and Dietetics

Here are some helpful and healthy tips to celebrate:



COOK AND PREP

Try to incorporate your favorite cultural foods and traditions



MEAL PLANNING

Make healthful food and drink choices when at home and away



VARY YOUR DIET

Try new flavors and foods from around the world



CONSULT A REGISTERED DIETITIAN NUTRITIONIST (RDN)

Ask your Dr for a referral for an RDN
Receive personalized nutrition advice to meet your needs