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FOR IMMEDIATE RELEASE

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March is National Nutrition Month

Local WIC Services Help Residents “Enjoy the Taste of Eating Right”

YPSILANTI, Mich., March 13, 2014 – March is National Nutrition Month, and this year’s theme is “Enjoy the Taste of Eating Right.” In Washtenaw County, WIC is available to women with low and moderate incomes who are pregnant, breastfeeding or postpartum and to children up to age five. WIC Registered Dietitians can help local families start on the path of enjoying healthy foods. To learn more about enrolling in WIC, Washtenaw residents may call the local WIC office at 734-544-6800.

“WIC provides client-centered nutrition education that encourages participants to play an active role in their own learning and staff to act as facilitators. As a result, WIC clients are ready to start enjoying the taste of eating right.” says Gayathri Akella, Washtenaw County WIC Service Coordinator.

WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) is a federally-funded program, operated locally. WIC provides supplemental food, nutrition education and counseling and referrals based on health screenings and needs assessments. WIC has demonstrated positive effects on pregnancy outcomes, child growth and development.

This year’s National Nutrition Month theme reminds everyone to make taste a priority when preparing healthy meals. Many factors influence our food choices, but ultimately the foods we enjoy most are the foods we choose to eat. Research confirms that taste is the primary reason one food is purchased over another. Celebrate National Nutrition Month by experimenting with new

foods and flavors that your taste buds might love. Keep taste and nutrition on your plate at every meal.

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. For a quick meal, sauté chicken, 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 old favorites.
- **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.

Washtenaw County Public Health promotes health and works to prevent disease and injury in our community. Visit us online at <http://publichealth.ewashtenaw.org>.

The mission of the Michigan WIC program is to improve health outcomes and quality of life for eligible women, infants and children by providing nutritious food, nutrition education, breastfeeding promotion and support and referrals to health and other services.

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