

NEWS RELEASE

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For Immediate Release
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March is National Nutrition Month

March is **National Nutrition Month** and Southwest Nebraska Public Health Department (SWNPHD) encourages residents to focus on making informed food choices and developing healthy eating habits. By making small, sustainable changes, families across southwest Nebraska can build healthier habits that last well beyond the month of March.

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics to promote the importance of balanced nutrition and healthy lifestyles. Throughout the month of March, individuals, families, and communities are encouraged to learn more about building nutritious meals, practicing healthy habits, and understanding how nutrition supports overall health.

“Healthy eating doesn’t have to be complicated,” said Paula Wimer, Program Manager at SWNPHD. “Small changes—like adding more fruits and vegetables, choosing whole grains, and drinking more water—can make a big difference in long-term health.”

Good nutrition plays an important role in preventing chronic diseases, supporting mental health, and improving energy levels for people of all ages. Planning meals, reading nutrition labels, and preparing food at home are just a few ways individuals can take steps toward better health.

Southwest Nebraska Public Health Department encourages community members to use National Nutrition Month as an opportunity to:

- Try a new healthy recipe
- Add more fruits and vegetables to meals and snacks
- Be mindful of portion sizes
- Stay hydrated by drinking plenty of water

You can find additional nutrition resources and health information by visiting [Nutrition.gov](https://www.nutrition.gov) or [eatright.org](https://www.eatright.org). Check with your local Extension office or talk to your healthcare provider about healthy cooking classes in your area. SWNPHD has held 8 healthy cooking classes in the past year in partnership with UNL Extension.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, YouTube, and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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