



National Nutrition Month[®] is a nutrition education and information campaign created annually in **March** by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month[®] promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

For ideas of how you can celebrate National Nutrition Month in your community, workplace, and schools:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/event-ideas>

Dietetic Students at Marshall and West Virginia University have plans to celebrate National Nutrition Month:

- **Marshall University Student Association (MU SAND)** On Wednesday, March 8, 2017 will be celebrating Registered Dietitian Nutritionist Day by preparing a meal and gifts for local RDNs at Huntington's Kitchen. Also, our members are going to go around to local restaurants of their choice. They

will then analyze the menu and try to identify what they believe is the healthiest option on the menu and order it. We will put together a review and nutrient analysis to share in the news paper, on our social media sites, and on our website. This seems very fitting for this years theme of "Put Your Best Fork Forward" because we are trying to teach/inform the public of healthy choices to consume when eating out.

- **West Virginia University Student Association** will be hosting eight pop-educational tables throughout March, funded by a Cooking Matters at the Store (CMATS) grant. The tables will provide education from the CMATS tool-kit, interactive games, and food samples. If the students complete the CMATS tool-kit and interactive game then they will receive a \$10 gift card to Kroger. They will also be entered to win a brown bag dinner (with all the ingredients and directions to make a healthy dinner).