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FOR IMMEDIATE RELEASE
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MARCH IS NATIONAL NUTRITION MONTH® SO IT'S TIME TO EAT RIGHT!

PALM BEACH COUNTY, FL---Do you ever feel like you are constantly being inundated with conflicting information about what is good to eat versus what is not on a daily basis? If you are tired of trying to decipher fact from fiction, you are invited to take advantage of advice that food and nutrition experts also known as registered dietitians (RD's) provide.

National Nutrition Month®. is a month long campaign highlighting the importance of making informed food choices, developing sound eating and physical activity habits.

Do not forget to mark Wednesday, March 10 on your calendar in celebration of Registered Dietitian Day. This day is commemorated to increase awareness about the role of RD's as expert providers of nutrition and food services as well as to celebrate their dedication as advocates for improving the nutritional status of members of the community.

Some Key Events throughout the month that are sponsored by the Palm Beach County Health Department WIC and Nutrition staff and community partners are as follows:

- Nutrition booth and food tasting at the Publix Greenwise Market in Palm Beach Gardens, March 6, 2010, from 11 AM to 2 PM.
- Nutrition booth and food tasting and nutrition demonstrations at the REACH Fair for the Glades at the C.L. Brumback Health Center (Belle Glade), March 13, 2010, from 9 AM to 3:30 PM.
- Recognition of National Nutrition Month® and Registered Dietitian Day, Tabernacle Missionary Baptist Church worship service, 801 8th Street, West Palm Beach, FL 33401, March 14, 2010 at 10 AM.
- WIC and Nutrition booth at the "Health and Community Resources Fair" at Westgate Elementary School, 1545 Loxahatchee Drive, West Palm Beach, FL 33409, March 20, 2010, from 9 AM to 1 PM.
- "Nutrition in the Golden Years" presentation at the Hagen Ranch Branch Library, March 23, 2010 at 2 PM.
- WIC staff will be making presentations at nine Palm Beach County Head Start Center Parent Meetings during the month using the "WIC Fruits and Vegetables: Fresh, Frozen, Canned...they're all allowed!" nutrition education campaign.
- A month-long Food Drive at the Riviera Beach Health Center will be held to help combat food insecurity and introduce clients to healthier food choices.
- Throughout the month the Palm Beach County Health Department Health Centers will be sponsoring informational activities including presentations, bulletin boards and Public Service Announcements with its dietitians.

Further information can be obtained by visiting the American Dietetic Association, www.eatright.org, the Health Department website, www.pbchd.com, or by calling the Nutrition Services Division at 561-671-4071. WIC is an equal opportunity provider.

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