



Healthy Eating Month

“Savor the Flavor of Eating Right”

March is National Nutrition Month,[®] an annual public education campaign created and sponsored by the Academy of Nutrition and Dietetics to provide resources on making informed food decisions and improving physical activity and nutritious habits. This year’s theme is “Savor the Flavor of Eating Right,” which encourages the public to enjoy food for its flavor and take pleasure in food traditions and social experiences that involve food as a central component. “Savor the Flavor of Eating Right” also asks us to be mindful and think about how, when, and why we eat.¹



SAVOR
THE FLAVOR
OF EATING
RIGHT

NATIONAL NUTRITION MONTH[®] 2016

 Academy of Nutrition and Dietetics
www.eatright.org

Activity Ideas

As a health information disseminator, we know you are always looking for new ways to provide compelling and relevant information about healthy eating to your Sailors, Marines, family members, retirees, and DoD civilian staff. Information that is easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few ideas you can use to encourage them to “Savor the Flavor of Eating Right” throughout the month. Click on the hyperlinked blue, underlined text to access resources.

Provide materials with nutritional information

- **Implement these activity ideas from the Academy of Nutrition and Dietetics:**
 - [Interactive Games, Quizzes, and Videos](#)
 - [Event Ideas for Schools or Workplaces](#)
- **Develop a Healthy Lifestyle rack of materials or set up a Healthy Lifestyle display.**
 - Pack the rack with materials and resources from the NMCPHC HPW [Healthy Eating, Active Living](#), and [Weight Management](#) Web pages, and the Academy of Nutrition and Dietetics [National Nutrition Month[®]](#) to include fact sheets, brochures, and handouts. Display materials in areas of high traffic and visibility such as entrances, galleys, gyms, offices, and waiting areas.
 - Resources are also available from the [Centers for Disease Control and Prevention](#), [Defense Commissary Agency \(DeCA\)](#), [Navy Nutrition](#), [Navy Fitness](#),



[Operation Live Well](#), [the Human Performance Resource Center](#), [Semper Fit](#), and the Navy's [ShipShape Weight Management Program](#).

- **Host an event or support the command in the promotion of healthy eating and nutrition.**
 - Use these materials to promote healthy eating by including command level support in your event.
 - Ask your medical or nutrition departments to participate by having a medical provider or dietitian there to answer questions.
 - Have your health promotion staff provide information on healthy eating and local nutrition or exercise related programs.
- **Display posters and send out [Plan of the Week](#) notes.** You can find posters that promote healthy eating in the [Healthy Eating Month Toolbox](#).
- **Complete the [Military Nutrition Environment Assessment Tool \(m-NEAT\)](#)** to help your command determine the availability of healthy food options in your community.
- **Use the Department of the Navy's ["Be a Savvy Food Shopper"](#)** video to promote grocery store shopping strategies that will result in healthier eating habits.
- **Get the facts on nutrition by attending the [Choose Healthy Options for Wellness \(CHOW\) Course](#).**
 - Participate in a full-day training on basic and advanced nutrition topics. The course is offered annually at the Deckplates training in San Diego and Norfolk.
 - [View the schedule](#) or contact the HPW Training Department via email at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil or by phone at (757) 953-3146.
- **Share the Department of Navy's ["Fruits and Veggies – More DOES Matter"](#)** video with Sailors and Marines to promote consuming more fruits and vegetables. Obtain a copy by sending an email to usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil.

Recognize those who are adopting better nutrition habits

- **Develop a Wall of Fame** with pictures of Sailors, Marines, and civilian personnel who have started eating healthier and incorporating exercise into their daily routine.
- **Encourage a nutrition competition.** Encourage Sailors, Marines, family members, retirees, and DoD civilian staff to participate in the [30-Day Fruit and Veggie Challenge](#). At the end of the month recognize those who successfully complete the challenge and ask them to share what they learned
- **Register Sailors, Marines, family members, retirees, and DoD civilian staff for the [Crews into Shape Challenge](#).** The challenge is taking place from 6 March-2 April 2016.



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The deadline to register a crew is 5 March. Be sure to recognize those who successfully complete the challenge, and encourage them to share what they learned!

- **Encourage Sailors and Marines to utilize [NOFFS: Navy Operational Fitness & Fueling System](#).** Activities include using the [Meal Builder](#) to build their own meal plan based on gender, current weight, and body weight goals. Ask them to share their lessons learned at the end of the month.

For more information about healthy eating please visit the [March Healthy Eating Month Toolbox](#).

Resources

¹ National Nutrition Month®. Eat Right. Academy of Nutrition and Dietetics.
<http://www.nationalnutritionmonth.org/nnm/>. Accessed January 2016.