



Health Promotion Toolbox March– National Nutrition Month®

Theme: “*Enjoy the Taste of EATING RIGHT*”

Purpose

National Nutrition Month® (NNM) is an annual nutrition education and information sponsored by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Service Mark

National Nutrition Month® is the property of the Academy of Nutrition and Dietetics. Its use is encouraged, but only in accordance with their published guidelines. NMCPHC obtained written permission to use the NNM service mark and slogan in developing its materials to promote the event. To review the guidelines for use of the service mark and slogan, go to: [Guidelines for Using the NNM Mark and Slogan](#).

Activity Ideas:

I. These activity ideas come from the Academy of Nutrition and Dietetics:

- [Nutrition Education Resources](#)
- [Event Ideas](#)

II. Try implementing some of these additional activity ideas to promote the National Nutrition Month® Theme, “*Enjoy the Taste of EATING RIGHT*”:

- Help individuals enjoy the taste of eating right by making sure they are aware of the following **two resources**:
 - 1) **ChooseMyPlate**: individuals can build their own eating plan based upon their gender, age, physical activity level and their goal for body weight (loss, gain or maintenance). Find ChooseMyPlate at: <http://www.choosemyplate.gov/>



- 2) **Navy Operational Fitness and Fueling Systems (NOFFS):** individuals interested in performance nutrition can build their own meal plan using the Meal Builder portion of the Fueling piece of the NOFFS. The NOFFS meal plan is based upon the gender, current weight and the individual's goal for body weight (loss, gain or maintenance). Find NOFFS Fueling at: <http://www.navyfitness.org/fitness/noffs/>.
- **Fact sheets /posters** on this month's topic can be put in a rack of fact sheets. They could be displayed in high visibility areas and where individuals may have time to read, such as clinic or pharmacy waiting areas, galleys, fitness centers, elevators, stairwells, ship's stores, or health promotion departments. Find Nutrition Facts Sheets in the NMCPHC March HP Toolbox at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx>, then click on March, "Healthy Eating".
 - **Plan of the Day/Week Notes** are arranged for weekly and/or daily use. The first four listed are recommended as POW notes and the remainder can be used for POD notes. Find POD/POW Notes in the NMCPHC March HP Toolbox at the link provided above.
 - Register your coworkers for the **Crews into Shape Challenge**. The dates for the 2014 challenge are 2-29 March. The deadline to register a crew is 3 March. Go to: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>, then click on Crews into Shape Challenge for more information.
 - Encourage your members to complete the **30-Day Fruit and Veggie Challenge**. You'll find it in the March HP Toolbox.
 - **Complete the Military Nutrition Environment Assessment tool (m-NEAT)** to determine the level of support for making healthy food options available at your command. The m-NEAT can be found at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>, then click on Healthy Eating, then m-NEAT assessment tool.
 - Use the DoN "Fruits and Veggies: More DOES Matter" video to promote the increased consumption of fruits and vegetables for your military members and their families. You can request a copy of the video by sending an E-mail to: nutrition@nehc.mar.navy.mil
 - Offer the 6-session "**Eat Healthy Be Active Community Workshops**" developed by the U.S. Dept. of Health and Human Services. The workshops are based on the Dietary Guidelines for Americans 2010 and the 2008 Physical Activity Guidelines for Americans. Find the guidance from the DHHS on how to conduct the workshops on the DHHS website at: <http://www.health.gov/dietaryguidelines/workshops/>



- View the archived webinar presented on 30 January 2013 that provides guidance on how to obtain the materials and launch the 6-session “Eat Healthy Be Active Community Workshops” at:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx>
- Get the facts on nutrition by attending the full-day **Choose Healthy Options for Wellness (CHOW) Course** offered by the NMCPHC. Learn more about this course at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx>, then click on CHOW Nutrition Course.
- **Host a “healthy pot luck” event.** Invite coworkers to bring in their healthy dishes and swap recipes. On-line recipe ideas may be found at:
NHLBI: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>
CDC: <http://www.fruitsandveggiesmorematters.org/cdc-resources>
USDA: <http://www.cnpp.usda.gov/dietaryguidelines.htm>
- You can **promote healthy menus at meetings** held at your command - and use these opportunities to provide nutrition information to participants. Check out the CDC's 'Choosing Healthy Foods for Meetings' at:
http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf
- **Post “Who’s Who in Health Promotion” sign.** Put up a sign at your command that identifies:
Command Health Promotion Coordinator/Director
Command Fitness Leader
Local medical treatment facility Health Promotion Director/nutrition staff resources