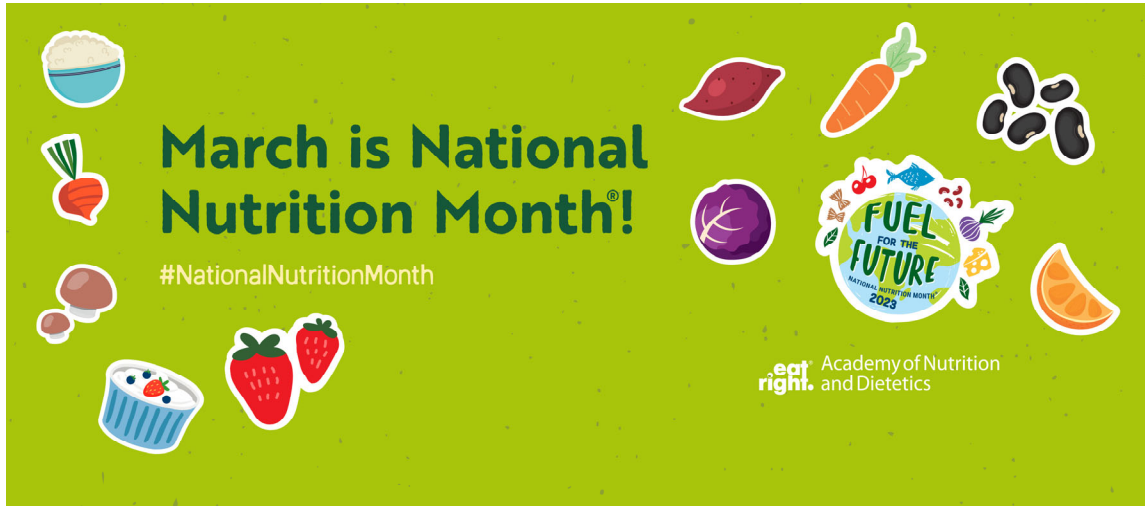


NATIONAL NUTRITION MONTH 2023



This month, there are lots of things to celebrate; the coming of Spring, longer days, and National Nutrition Month! This year, the theme is “Fuel for the Future”. Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home

- And more!

See a Registered Dietitian Nutritionist (RDN)

- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.
- Call GSSSI RDN at 413-781-8800 x136 today!

Stay Nourished and Save Money:

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

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