



**SAGINAW COUNTY  
DEPARTMENT OF PUBLIC HEALTH**  
*protecting and promoting the public's health since 1928*

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**NEWS RELEASE**

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**FOR IMMEDIATE RELEASE**

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**CONTACT:** Tawnya Simon, R.N., B.S.N., M.S.A.  
**TITLE:** Personal and Preventive Health Services Director  
**PHONE:** (989) 758-3667  
**FAX:** (989) 758-3859  
**EMAIL:** [tsimon@saginawcounty.com](mailto:tsimon@saginawcounty.com)

**SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH  
RECOGNIZES NATIONAL NUTRITION MONTH**

March is National Nutrition Month and to celebrate, the Saginaw County Department of Public Health, and the Michigan Women, Infants, and Children (WIC) Program joins with the Academy of Nutrition and Dietetics to remind us that each bite counts. This year's theme inspires us to start with small changes in our eating habits- one forkful at a time. Whether you are planning meals to prepare at home or making selections when eating out, Put Your Best Fork Forward to help find your healthy eating style.

**Ways to Make Each Bite Count:**

- Create an eating style that includes a variety of your favorite, healthy foods.
- Practice cooking more at home and experiment with healthier ingredients.
- How much we eat is as important as what we eat.
- Find activities that you enjoy and be physically active most days of the week.

WIC is a federally-funded program serving low income women, infants and children up to age 5, by providing nutritious food, nutrition education, breastfeeding promotion and support, and referrals to health and other services. To learn more about WIC, call 989-758-3733 or visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org). Be Wise. Be Well.

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