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FOR IMMEDIATE RELEASE
Connect with Your Food!
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March is National Nutrition Month, and this year's theme is "Food Connects Us". Food brings people together in many ways. Sharing a meal allows us to learn about the food's preparation, the person who made it, and where the ingredients come from. Connecting with food could look like eating meals as a family, learning about healthy food resources, or visiting local farmers' markets.

Tammy Drake, WIC Program Manager at the Taney County Health Department, highlights the importance of this theme: "Food not only connects us with others, but the foods we eat affect our health and well-being. It is important to eat a variety of healthy foods each day."

Here are a few simple ways to build a stronger connection with your food:

- Eat meals together as a family. Try to get kids involved in meal planning and cooking! Use this time to teach them about healthy foods.
- Learn about community resources that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food pantries.
- Visit a local farmers' market to learn about how your food was grown or consider starting a home garden to get hands-on experience with the growing process.

The highly qualified nutritionists at the Taney County Health Department are dedicated to assisting families in making healthier choices, even on a budget. Support is available for expectant mothers and families with young children through the WIC program, designed to help nourish and care for pregnant women, infants, and children up to age five. For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our Facebook, Instagram, and X pages.

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As a leader in health, the Taney County Health Department serves Taney County residents and visitors in pursuit of a healthy lifestyle and environment. The Taney County Health Department's mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website www.taneycohealth.org to learn more about our services.