

# NEWSLETTER

*Tooele County WIC*



## National Nutrition Month

*By Kaeleena Scott, RD*

March is national nutrition month! This year's theme is "Eat Right, Bite by Bite." The theme encourages making small, simple changes to encourage a healthier lifestyle. It also is a reminder that we do not need to change everything in our diet all at once. Finding one or two things that we feel are doable and in-line with our goals will help us be consistent. Each week in March has a different focus to help us go along with this year's theme.

**Week one:** Eat a variety of nutritious foods every day. WIC can provide you with a variety of whole grains, fruits, vegetables, and more!

**Week two:** Plan your meals each week

**Week three:** Learn skills to create tasty meals

**Week four:** See a registered dietitian. The Tooele WIC office currently has two on staff!

For more information, tips, and recipes visit **[eatright.org](http://eatright.org)** or **stop by our office today!**

### HAPPENING THIS MONTH

#### PRENATAL CLASSES

March 5 @ 10 AM

March 19 @ 1 PM

March 26 @ 3 PM

#### BREASTFEEDING CLASSES

March 2 @ 1 PM

March 5 @ 11 AM & 5 PM

March 26 @ 4 PM

#### PREVENTING TYPE 2 DIABETES CLASS

March 3 @ 12 PM

#### COOKING WITH WIC FOODS

March 25 @ 12 PM

\*Classes are taught by registered dietitians, registered nurses, and/or certified lactation consultants.