



PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: March 10, 2017



Each March the Academy of Nutrition and Dietetics encourages Americans to return back to the basics of healthful eating. This is done through National Nutrition Month®. Initiated in 1973 as a week-long event, “National Nutrition Week” became a month long observance in 1980 in response to growing public interest in nutrition. This annual campaign aims to bring attention to the importance of not only making informed food choices, but also developing sound eating and physical activity habits.

The key messages of National Nutrition Month® include:

1. Creating an eating style that includes a variety of your favorite, healthful foods.
2. Practicing cooking more at home and experimenting with healthier ingredients.
3. Recognizing that how much we eat is as important as what we eat. Eat and drink the right amount for you, as [MyPlate](#) encourages us to do.
4. Finding activities that you enjoy and being physically active most days of the week.
5. Managing your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide you with sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences, and health related needs.

The theme has changed over the years to reflect the current cultural trends, but it has always remained true to the original purpose: “To increase the public’s awareness of the importance of good nutrition.” This year’s theme, “Put Your Best Fork Forward,” serves as a reminder that every one of us holds the tool to make healthier choices. The [2015-2020 Dietary Guidelines for Americans](#) suggests starting small to promote more enjoyable and healthier life long changes. This year’s theme aims to inspire us to focus on small changes in our eating habits- one forkful at a time. These small changes add up over time, making every bite, or forkful, count. Whether preparing meals at home or making a selection while out to eat, “Put Your Best Fork Forward” to help you find your healthy eating style.

The Crow Wing County WIC program is committed to providing the most current and up-to-date nutrition information to our participants. The tools that are provided by the WIC program enable participants to start, or continue, making positive changes in their own lives and the lives of their family.

Community Services expends more than \$163 million dollars annually, of which 4.66%, \$7.6 million is funded by the county levy. In 2015, total program costs were \$163,133,479 with Medical Assistance programs being the highest spending area at \$110 million, or 67.5% of the total program costs. Social Service programs represent the second largest portion of the total at \$41.4 million, or 25.4%. Cash assistance programs were 6.3% of the total at \$10.2 million. While this is a large portion of the county budget we have seen a significant decrease. For example, from 2009 to our proposed 2017 budget, we have reduced tax levy dollars by \$1,209,306, a decrease of 14.3%.

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Our Vision: Being Minnesota’s favorite place.
Our Mission: Serve well. Deliver value. Drive results.
Our Values: Be responsible. Treat people right. Build a better future.

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