

The Installment

Horizon Public Health

Monthly Bulletin

March 2025



**Food
Connects Us**
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

Food brings us together—it connects us to our cultures, families, and friends. **This National Nutrition Month®**, explore how food shapes our health and traditions.

Connect with Food

Engaging with food can mean cooking meals, learning where ingredients come from, and making smart choices within your budget.

Tips:

- **Use a grocery list** and look for sales to save money. Less processed foods are often more affordable.
- **Check out local food resources** like SNAP, WIC, and food shelves.
- Try growing your own food at home. **Start an indoor garden.**
- **Cooking at home** gives you more control over ingredients and helps kids build healthy eating habits!



Nourish Your Body at Every Stage

Our nutrition needs change over time, but healthy eating is important at every age.

- **Kids & Teens:** Get enough calcium to support strong bones.
- **Adults:** Folate (a B vitamin) is crucial for metabolism and pregnancy health.
- **Older Adults:** Prioritize protein to maintain muscle strength.
- The best way to meet your nutrition needs? Choose a variety of fruits, vegetables, whole grains, lean proteins, and low-fat dairy or fortified soy milk every day.

Explore Food & Culture

Food has a story.

Learning its history and traditions can strengthen your connection to others and make meals more meaningful.



HORIZON



Public Health
Prevent. Promote. Protect.

Our Mission

is to promote, protect, and improve the health and well-being of all people in our communities.



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