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## DOH-PINELLAS OFFERS SAVORY TIPS AND RECIPES FOR NATIONAL NUTRITION MONTH



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Every March, the Florida Department of Health in Pinellas County (DOH-Pinellas) celebrates National Nutrition Month by encouraging the community to make informed food choices and develop sound eating and physical activity habits.

This year, DOH-Pinellas is putting advice right at your fingertips — something the DOH-Pinellas staff with the Supplemental Nutrition Program for Women, Infants and Children Program (WIC) do each month for approximately 14,000 families in Pinellas.



Pregnant, breastfeeding and postpartum women, infants and children younger than five years of age who are at nutrition risk receive no-cost healthy supplemental foods, breastfeeding support and nutrition counseling and education through programs like [wichealth.org](http://wichealth.org), an online site that provides WIC clients with tools, lessons and tips to help improve their health behaviors.

The good news: you don't have to be a WIC client to receive healthy recipes and tips this month. The DOH-Pinellas WIC program has a designated [page](#) on the agency's website for healthy recipes and ideas. From appetizers and snacks to main courses and desserts, WIC has you covered.

All month long, DOH-Pinellas will share recipes, resources and facts, like why hard-boiled egg yolks turn green and how to add more fruits and vegetables to your diet from the Florida Department of Agriculture and Consumer Services' "Fresh From Florida" program, on the agency's Twitter page, [@HealthyPinellas](https://twitter.com/HealthyPinellas).

"Eating right doesn't have to be so complex," says DOH-Pinellas Public Health Nutrition Program Director Danielle Watkins, "If you want to start eating healthier, focus on rewarding your body with healthy foods, rather than punishing yourself by taking away the foods you enjoy."

Watkins adds, "There is still room in a balanced diet for the treats you love," and adding colorful fruits and vegetables to your diet is an important step in making healthier choices to improve your health.

To view the WIC recipes page on the DOH-Pinellas website, go to <http://pinellas.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/recipes/index.html>.

For more information about DOH-Pinellas, go to [www.PinellasHealth.com](http://www.PinellasHealth.com) or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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