



Simple, science-backed guidance for a healthier workforce

Spotlight on Food as Fuel: National Nutrition Month

March is National Nutrition Month, and this year we are celebrating how **Food Connects Us!** Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and where the ingredients were sourced. Memories, traditions, seasons, and access can all impact our relationship with food. Let's learn more about these connections and how the foods you eat impact your health throughout life.

Connect with food in a variety of ways

- Prepare your own meals and snacks.
- Learn about how the ingredients you eat were grown or raised.
- Plan ahead with grocery lists to maintain healthy habits and reduce food costs.

Explore the Connection Between Food and Culture

- Learn about the traditions or history behind what you're eating.
- Understand how the food is prepared and its sustainability.
- Gain knowledge on how the foods affect your health.

Build the Connection Across All Stages of Life

- Enjoy calcium-rich foods from youth to adulthood to keep bones strong.
- Consume adequate B vitamins, especially folate, for metabolism and healthy families.
- Include enough protein to maintain muscle mass as we age.

For most people, choosing food instead of supplements is the best way to meet nutrient needs. Include vegetables, fruits, whole grains, lean protein foods, and low-fat dairy or fortified soy milk as the foundation for your meals and snacks to get the nutrients you need.

Try It This Week: Eat Healthy and Reduce Food Waste - Get Creative with Your Leftovers!

Don't let your leftovers go to waste! Transform meals into soups, salads, or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup to enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Brown bag the leftovers for lunch.



[Click here for more great resources!](#)

Benefits Buzz: Building Healthy Families!

If you are expecting or thinking of expanding your family, your health plan has resources available! The journey to parenthood starts long before your baby is born. Receive tools and support every step of the way, including what to expect through every stage of pregnancy, labor, and delivery. Contact your specific health plan for details.

Register early in the first trimester for comprehensive care, and you'll be on the path to building a healthy family!



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