

Press Release

FOR IMMEDIATE RELEASE

March 5, 2026

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Celebrate National Nutrition Month® in Greene County!

XENIA, OH – March is **National Nutrition Month®**, a time when everyone is encouraged to learn more about healthy eating and how good food choices help us feel our best. National Nutrition Month® is an annual campaign created by the *Academy of Nutrition and Dietetics* that helps people of all ages think about the power of nutrition in everyday life.

This year's theme is **"Discover the Power of Nutrition."** That means learning how the foods we eat can give us energy, help our bodies grow, keep us healthy, and make our minds strong. You can also find tips for making smart food choices and building healthy habits every day.

What You Can Do During National Nutrition Month®

- Try new fruits and vegetables that you've never eaten before.
- Read food labels to understand what's in your meals.
- Plan meals ahead of time with foods from all food groups.
- Be active in ways you enjoy — like walking with family or playing outside.



Learn More About Nutrition and WIC

Greene County Public Health wants everyone in our community to have access to healthy food and nutrition support. Our **WIC program** (Special Supplemental Nutrition Program for Women, Infants, and Children) helps eligible pregnant and breastfeeding women, new moms, infants, and children up to age five get nutritious foods and learn about healthy eating. WIC offers:

- Nutrition education and support.
- Breastfeeding help and guidance.
- Healthy food benefits like whole grains, eggs, milk, fruits, and vegetables.

WIC is here to help families in Greene County make healthy choices that support strong bodies and bright futures.

Get Involved!

Celebrate National Nutrition Month® by making one small change that helps you and your family eat better and feel better. Eating well doesn't have to be hard — and every good choice adds up!

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Public Health
Prevent. Promote. Protect.
Greene County



Greene County Public Health

*Melissa Howell MS, MBA, MPH, RN, REHS, Health Commissioner
Kevin L. Sharrett, MD, Medical Director*

For more information about National Nutrition Month® and our local programs, visit www.greencophoh.gov or call **937-374-5600**, or just stop by for an in-person visit! The Fairborn WIC office offers regular hours on Mondays from 8:00 a.m. to 5:00 p.m. and Wednesdays from 8:00 a.m. to 4:00 p.m. at our new location at 410 N. Maple Avenue. The Xenia WIC office at 360 Wilson Drive offers services on Tuesdays and Thursdays from 8:00 a.m. to 4:00 p.m. and Fridays from 8:00 a.m. to 3:00 p.m.

To learn more, contact our WIC registered dietitian nutritionist, Suzanne, at 937-374-5642 or email sfogarty@greencophoh.gov.

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