

## FYI: March is National Nutrition Month

February 29, 2016

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Article type: [For Your Information](#)

Topics: [Advocacy](#), [Nutrition](#)

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- “Savor the Flavor of Eating Right” is the theme of National Nutrition Month. The purpose of the campaign is to focus on mindful eating while embracing food traditions and social experiences. The Academy of Nutrition and Dietetics offers handouts for children and parents at <http://bit.ly/1UOJiyi>.
- Help support schools in ensuring all children get a healthy start during National School Breakfast Week, March 7-11. Join @AmerAcadPeds on Twitter by spreading messages about the importance of a healthy start for all schoolchildren using the hashtags #SchoolBreakfast and #FuelGreatness.
- Find information to share with families about nutrition and healthy eating on the Healthy Children website, <http://bit.ly/20JNizA>.

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