

## SLEEP HEALTH

## March is National Nutrition Month

### Happy 50th Anniversary!

Celebrate National Nutrition Month with us! This year's focus is on eating with sustainability and the environment in mind<sup>1</sup>. Read on for tips on how to fuel for the future.



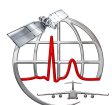
### TipstoReduceFoodWaste

According to the Academy of Nutrition and Dietetics (AND), here are some ways you can reduce food waste at home<sup>2</sup>:

- Plan meals and use what you already have in your pantry, refrigerator, and freezer before heading to the store
- Have leftover chicken or veggies from the night before? Toss them into a soup, use as a topping for salad, or add it to stir fry or pasta
- Eat leftovers within 3 to 4 days
  - Use the FoodKeeper App on [foodsafety.gov](https://foodsafety.gov) to check if it's time to throw out some leftovers
  - Store foods that will spoil soon towards the front where they can be easily seen
- Know the dates
  - "Sell by" dates can be found on perishable foods, like meats and dairy. As long as they were kept at a safe temperature, they are good for a few days after the date provided
  - "Use by" and "Best By" and "Best Before" dates are found on foods that don't need to be refrigerated until opened. These are typically safe to eat beyond date if stored properly.

1. Academy of Nutrition and Dietetics. (2023). National Nutrition Month®. 50th Anniversary! National Nutrition Month. <https://www.eatright.org/national-nutrition-month-2023>

2. Academy of Nutrition and Dietetics. (2023, January 12). NNM\_2023\_Eating Right and Reduce Food Waste.pdf.



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Check out the calendar on other side  
to see what's going on this week

### Eat Right on a Budget

Make the most of your money on your next grocery shopping trip with these budget-friendly tips<sup>1</sup>

- Plan a menu for the week, then make a grocery list for the items you'll need
- Shop for foods that are in season
  - These items are easier to find at the store, may be less expensive
- Cook more at home, eat out less
  - Find simple, healthy recipes to cook at home
  - Save eating out for special occasions
  - Double recipes so extra portions can be used for lunches or meals during the week
- Control portions (and cost!)
  - Consuming excess food and beverages, regardless of price, can add up to extra dollars and calories



1. Academy of Nutrition and Dietetics. (2023, January 12). NNM\_2023\_Eating Right on a Budget.pdf.

## Celebrating 50 years of Appreciation to our Registered Dietitian Nutritionists!



**Maj Carrissa Thomas, RDN, CSSD**  
Ramstein Health Promotion

### What does National Nutrition Month mean to you?

Chance to rethink about nutrition and how our habits impact ourselves and our families.

**What is the best part of your job?** It's fun to talk about food most of the day!



**Tracy Delaney, MS, RDN, LD**  
Whiteman Health Promotion

### What does National Nutrition Month mean to you?

National Nutrition Month is a celebration of the crucial role nutrition plays in wellness. It is a time to build awareness in our communities that food is meant to fuel our lives as well as be enjoyed. National Nutrition Month is also a time to recognize Registered Dietitians and Registered Dietitian Techs.

Ross, M. (2022). 3 'rules' about eating for better sleep that you can definitely ignore. Well + Good. <https://www.wellandgood.com/myths-about-eating-and-sleep/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING ON  
WHERE YOU LIVE

Your Local Health  
Promotion Office



**Contact:**

**Phone:**

**Email:**

Monday	Tuesday	Wednesday	Thursday	Friday